

5 TO 6 MONTHS



My photo
at 6 months.

HELP ME BE HEALTHY...

At this checkup:

- I will be weighed and checked over.
- I will have the next set of immunizations. If I had any reaction to the immunizations last time, tell the doctor what happened to me.
- I may have my eyes checked to see if I have crossed eyes or a lazy eye.
- I may have a blood test to see if I have enough iron in my blood.
- Ask if I need fluoride supplements to help my teeth.
- Ask if my eating habits are normal. Describe when and how much I eat.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

START VEGETABLES & FRUITS...

At 6 months of age, I am old enough to try vegetables and fruits. Try starting with vegetables. An orange vegetable, such as squash or sweet potatoes, would be a good one to serve first.

Only give me one new food each week. If I have an allergic reaction, you will know what food caused the allergy.

TAKE CARE OF MY TEETH...

As soon as my teeth come in, it is a good idea to gently brush my teeth with a little, soft-bristled toothbrush and some water. I should not have toothpaste now.

PLAY WITH ME. IT HELPS ME LEARN!

- Read to me every day.
- Talk to me in complete sentences. Tell me what you are doing.
- Make sounds for me to copy like "eee," "uh-oh" and "aaa."
- Tell me about a toy and show me how to use it. I will want to look at it, smell it, chew it, squeeze it, pat it and bang it.
- Put a favorite toy just out of my reach. Help me wiggle to it.
- Hide a toy under a cloth so I can look for it.
- I like to play with blocks that I can hold in my hands.

This list describes what most children can do by 6 months old. I am my own person. I might do some activities earlier or later than others. Play with me to help me learn new things. If you are concerned, talk to my doctor, nurse or visit <http://tiny-k.org/>. If I am going to be in a child care program, see page 31 for information on selecting high-quality child care.

WATCH FOR ME TO...

- Pick up my head and chest when I am on my tummy. I can hold myself up with my arms.
- Stand up if you hold me under my arms.
- Roll from my tummy to my back or from my back to my tummy.
- Notice small things like Cheerios® if they are placed in front of me.
- Lie on my back and look at my hands. I can bring my hands together over my chest or at my mouth.
- Reach for toys or other interesting things that are near me.
- Squeal and make high-pitched sounds when I am happy.
- Start to have my teeth come in.

HELP ME BE SAFE...

Teach me to use the highchair safely.

- Put the safety belt on when I am in the chair.
- Be sure that the tray is securely locked in place. Make sure my hands are out of the way when you lock the tray in place.
- Be sure there are no sharp edges to cut me or you.
- Do not let me stand in the chair.
- Do not leave me alone in the chair.
- Do not leave the chair too close to a table or counter. I can push on the table and tip my chair over.

The car seat is the safest place for me when I am in a vehicle. Put me in a rear-facing car seat as long as possible. I should remain rear-facing until I reach the maximum height and weight limits set by my car seat's manufacturer. Do not place my seat in an airbag-equipped seating position. The safest place is always in the middle of the backseat. For more information about car seat safety, visit www.kansasboosterseat.org.

Put gates at the entrances of stairs so I do not try to go up or down the stairs.

HOW I AM GROWING...

My Length: _____

My Weight: _____

Sleeping Habits: _____

New Skills & Talents: _____

Favorite Things & Activities: _____

BEING SAFE...

Tell me what you want me to do over and over. Do not get tired of telling me. I am too young to understand or remember.

Until I learn what to do, take me away from the place I should not be or take away the thing I should not be playing with. Get me interested in something else. Do not tap my fingers, hit me or yell at me. It only scares me and does not help me learn.

Tell me, hug me and praise me when I do what you want.