

# Wellness Guide at 6 Months Old

Helpful tips to support your child's development at this stage of life.



## Development

- **Activities:** Your laughing, screeching, babbling baby is now starting to take the lead. They are reaching for and moving objects from hand to hand or to their mouth. Your baby is rolling over, trying to sit without support, standing with support, and making sounds to communicate with you.
- **Awareness:** Let your baby explore with just enough help to allow her to build confidence. Copying their movements and giving words in response to your baby's sounds lets them know you understand.
- **Communication:** Providing words for feelings, objects that they are interested in, and reading to them helps your baby learn language. Babies also learn through repetition with games (peek-a-boo, patty cake, etc.) stories, songs, and nursery rhymes.
- **Emotions:** Your baby may protest when separated from you and may be starting to seek more comfort from you when around strangers. Consider your own reactions around "strangers" and during times

of separation as your baby is taking cues from you.

- **Self Soothing:** Your baby may try self soothing by sucking on a finger or pacifier. Remember that cuddling, holding, and providing nurturing and responsive care does not spoil them.
- **Interaction:** Face-to-face interaction with caregivers and avoiding screen time, except for live video chatting with loved ones, will enhance your child's social and verbal development.

### DEVELOPMENTAL RESOURCES

THE 5 Cs OF MEDIA USE

WA STATE EARLY INTERVENTION PROGRAM

## Infant Care



Teething rings, a cool washcloth, or a clean finger can be used to massage baby's gums during times of teething discomfort. Avoid teething products with benzocaine.

Brush teeth with fluoride toothpaste the size of a grain of rice on a soft toothbrush or clean finger.

IS IT TEETHING?



Acetaminophen and ibuprofen can help with fever and signs of discomfort.

DOSING TABLES



It is safe to take your baby outdoors if they are dressed appropriately and protected from the weather. Be cautious about exposing your baby to crowds or to people who may be sick.

Use sunscreen (SPF 30 or higher).

BABY SUNBURN PREVENTION



Saline drops and suction can be used for nasal congestion, which is common in infants.

NASAL SUCTIONING

## Family Well-being

Caring for an infant can be exhausting and isolating. It is OK to take time for yourself.

Consider letting your baby stay with someone you trust in order to reconnect with your partner/friends.

### IMPORTANT RESOURCES

POISON CONTROL:  
(800) 222-1222

SUICIDE & CRISIS  
LIFELINE: 988

## Overseas Travel

If your family will be traveling internationally, schedule a virtual eTravel consultation at least 4–6 weeks before departure to review travel health recommendations. Consider early MMR and HepA vaccines to help protect your baby.

TRAVEL CONSULTATION

## Safety & Child-proofing

- Follow safe sleep guidelines. Place your baby to sleep on their back until they can roll over, on a firm surface, and in their own sleep space. Do not use pillows, blankets, or sleep positioners, as they are not safe for babies.
- Dangling cords, hot liquids, tablecloths, appliances, plastic bags, electrical outlets, and stairs can all be dangerous to an exploring/curious baby.
- Keep household cleaners, vitamins, and medicines out of reach.
- Keep your baby safe with constant supervision during bath time and when on high surfaces such as changing tables, beds, and sofas.
- Avoid walkers. They can tip over and cause your baby harm.
- Be careful of small objects and powder: babies can choke on them.
- Install the car seat in the back seat, rear-facing.
- Make sure smoke and carbon monoxide detectors are working.
- Avoid smoke/tobacco/cigarette/vaping liquid or smoke/marijuana exposure.
- Consider learning infant/child CPR.

### SAFETY RESOURCES

SAFE SLEEP

CAR SEAT SAFETY

## Nutrition

- Breast milk and formula are still the main sources of nutrition and calories.
- Give Vitamin D (400 IU/day) to your baby.
- Babies ready for solids can sit with support, have good head control, open for a spoon, and show interest in food.
- Two to three meals together can become part of your family's daily routine. Feed slowly and patiently.
- Follow your baby's hunger and fullness cues.
- You may try baby-led weaning with soft, easy-to-chew foods in thin strips or mashed textures. Avoid foods that may cause choking.
- Mashed and pureed fruits, vegetables, and lentils provide vitamins and minerals. Offer foods naturally rich in iron. (Babies need 11 mg/day of iron.)
- Constipation may increase when starting solids.
- Offer a sippy cup with water to help avoid constipation. Your baby does not need juice, tea, or flavored drinks.

### Avoid honey.

- Prevent lead exposure by only using spices from the US and avoiding contaminated soil, dust, paint, and water. [Learn more](#) about lead toxicity and testing.
- Gassiness is common. Simethicone, bicycle legs, or tummy massage may help.
- Seek medical advice if inconsolable for 2+ hours.

### NUTRITION RESOURCES

STARTING SOLIDS

CONSTIPATION

## Sleep

- Babies often need to learn how to fall asleep independently.
- Simple, calming bedtime routines can help prepare them for bedtime. It can be helpful to recognize signs that your baby is getting tired in order to know when to slow down and start your routine.
- Help your baby learn how to fall asleep on their own by putting them down when drowsy, but not fully asleep. Expect a protest if this is a new

change for your baby.

- Anticipate sleep disruptions as part of normal development.

### SLEEP RESOURCES

LEARNING TO SLEEP

### ADDITIONAL RESOURCES

DOSING TABLES [↗](#)

COMMON ILLNESS SUPPORT [↗](#)

PATIENT EDUCATION [↗](#)