

Child Care Health Partnership Parent Handout – 6 months

PARTNERSHIPS

You are your child's first teacher. Parents will be viewed as partners and treated with respect.

- Daily reports will be provided, please be sure to review your child's report and let your child's caregiver know if you have questions.
- Please provide an extra set of clothes for your child.

NUTRITION

Solid Foods

- Age-appropriate solid foods will be introduced when you let us know your child is ready.
- Signs that your child is ready include
 - Opens mouth for the spoon
 - Sits with support
 - Has good head and neck control
 - Shows interest in the foods you eat

Starting New Foods

- Please introduce new foods at home for the first time.
- Your child will be fed the foods that you provide.
- Foods that cause allergies, such as peanuts and fish, will be avoided.
- Finger foods will be offered only after you have given permission.

To avoid overfeeding, we will watch for the following signs that your child is full:

- Leaning back
- Turning away
- Pushing away the spoon

PHYSICAL HEALTH

Immunizations

- If your child is behind on vaccinations, your health care provider will work with you to catch up.

Healthy Teeth

- At least once during the day, your child's caregiver will gently wipe your child's gums.

DEVELOPMENT

A 6 month old child will:

- Turn toward a noise
- Reach for toys
- Hold a toy in one hand and transfer it to the other hand
- Play with their toes
- Know their name
- Know the faces of familiar people
- Make sounds

A 6 month old child may:

- Roll over
- Help hold their bottle
- Play games with people they know
- Be afraid of adults they don't know

Relationships

- At this age, your child will want to play with you and other adults.
- Your child wants your attention and loves to get it, encourage positive things your child does.
- Have a special time with your child, daily, make sure to spend at least a few minutes every day doing something together.

Literacy

- Begins to relax when you read them a bedtime story.

Separation Anxiety

By six months, you may notice the beginnings of separation anxiety. Tips to remember when dropping off your child:

- Stranger anxiety is normal
- Allow yourself extra time
- Reassure your child that you will be back to pick them up
- Talk to your child's caregiver about how your child does after you leave
- Establish a routine to make drop off predictable
- Do not sneak out—sneaking out will cause your child confusion when they discover you are gone and breaks down trust

GETTING SICK

It happens to everyone. Catching a cold is an easy thing to do, even for a tiny person.

- To help protect your child from illness, your child's caregiver will:
 - Wash hands – their hands and your child's
 - Keep the children's toys clean – especially pacifiers



Healthy Active Living at Home

- By 6 months, most babies weigh twice as much as they did at birth.
- Your baby's growth may slow down in the upcoming months.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, be sure you are using an iron-fortified formula.
- Infants should be done with their bedtime and naptime bottles before going to bed.
- As your baby learns to eat solid foods, start by offering 1–2 tablespoons, 2–3 times per day.
- Introduce new foods one at a time. Consider leaving 1-3 days between each new food to watch for any signs of allergy or intolerance.
- Remember that it can take 10–15 exposures to a new food before a baby learns to like it.
- In addition to iron-fortified cereal, introduce pureed meats as well as fruits and vegetables into your baby's diet.
 - Pureed red meat is a good source of iron.
 - It's healthier to offer babies 7 months and up whole fruit (either mashed or pureed), instead of juice.
 - Cereal or other foods should not be added to your baby's bottle unless instructed by your pediatrician.
- Avoid feeding your baby too much by watching for signs of fullness, which can include leaning back and/or turning away from the breast, bottle, or spoon.
- Do not force your baby to eat or finish foods.
- Play games such as peekaboo, patty-cake, and "so big."
- Encourage active play with baby-safe mirrors, floor gyms, and colorful toys to hold.
- Help him creep along furniture and move one place to the next. This helps him build strength and confidence which he will need to walk.
- Develop a quiet soothing bedtime routine with your child to introduce sleep at a regular time each night.

Questions to Ask Your Child's Pediatrician

- "How do I know if my child is eating enough?"
- "What do I need to do to safety-proof my house?"



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