Since immunization schedules vary from doctor to doctor, and new vaccines may have been introduced, it is always best to seek the advice of your child's health care provider concerning your child's vaccine schedule.

**IMMUNIZATIONS**

- **Feeding**
  - Most babies double their birth weight in the first 5 to 6 months. They do not double their weight in the next six months as growth rate slows a little. Therefore, expect your baby’s appetite to diminish a little in the next six months.
  - Continue to breastfeed or use iron-fortified formula for the first full year of the infant’s life.
  - Solid foods should now be introduced with cereal, fruits, yellow vegetables, green vegetables and then meats. Your baby will let you know when and how much he or she wants to eat. Infant cereal should be given twice daily until 1 year of age as an iron source.
  - Continue to give the breast-feeding infant supplemental Vitamin D (Tri-Vi-Sol or D-Vi-Sol) and fluoride supplements if your water supply is not fluoridated. If your baby is being fed by a caregiver, go over the schedule with him or her to make sure he or she is feeding your infant the way you want.

- **Development**
  - Encourage your baby to console himself/herself by putting him/her to bed awake.
  - Some 6-month-old babies decrease the length and/or frequency of naps.
  - Due to the emergence of separation anxiety, the 6-month-old baby may show resistance to going to sleep for naps and at night.
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  - Some 6-month-old babies begin night awakenings for short periods of time. Should this happen, check your baby, but keep the visit brief, avoid stimulating your infant and leave the room quickly once you feel everything is OK. Do not offer feedings during the night at this age.

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SAFETY

- Your adorable newborn is about to become “mobile” so childproofing your home should take priority at this age.
- Now that your baby is more active, be more careful than ever not to leave him or her anywhere from which he or she can fall. Always keep one hand on your child and never turn your back, for even a second, when you put him or her on a sofa, bed, changing table or any other high place. Your baby always needs your full attention. Never leave your baby alone with a young sibling or pet.
- Continue to use an infant car seat that is rear facing and properly secured at all times.
- Avoid using baby walkers. There is considerable risk of injury and even death from the use of walkers and there is no benefit from their use.
- Get down on the floor and check for safety hazards at your baby’s eye level.
- Empty buckets, tubs or small pools immediately after use. Ensure that swimming pools have a four-sided fence with a self-closing, self-latching gate. Keep the bathroom door closed as the toilet can be a drowning hazard.
- Avoid sun exposure with the use of umbrellas, hats, and sunglasses. If exposure is unavoidable, hypoallergenic sunscreen may be used.
- Do not leave heavy objects or containers of hot liquids on tables with tablecloths that your baby may pull down.
- Place plastic plugs in electrical sockets.
- Keep toys with small parts or other small or sharp objects out of reach. It is especially important to remind older siblings that they should always play with small objects out of reach of their baby brother or sister.
- Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of your baby’s sight and reach. Never store poisonous substances in empty jars or soda bottles.
- Install safety devices on drawers and cabinets where the infant may play. Install gates at the top and bottom of stairs, and place safety devices on windows.
- Lower the crib mattress.
- Avoid dangling electrical and drapery cords.
- If you have a pet, keep his or her food and dishes out of your baby’s reach. Also, never allow your child to approach a dog while the dog is eating.
- Use the playpen as an “island of safety.”
- Learn first aid and infant cardiopulmonary resuscitation (CPR). Classes are given at Central Baptist Hospital and the American Red Cross.

WHEN TO CALL THE DOCTOR

- Appears not gaining weight.
- Your baby shows little interest in social interaction, avoids eye contact, and smiles infrequently.
- Your baby seems stiff or floppy.
- Your baby’s head lags when pulled to a sitting position.
- Your baby only uses one hand to reach.
- Your baby makes no attempt to roll over.
- There is no infant squealing or laughing.
- Eyes are crossed most of the time.
- You have not seen any developmental progress since the last checkup.

RESOURCES

- Poison Control 1-800-222-1222
- American Academy of Pediatrics: www.aap.org
- www.kidsgrowth.com
- www.paalex.com

This information is for educational purposes only and it should be used only as a guide.