



BRIGHT FUTURES HANDOUT ► PARENT

6 MONTH VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- Choose a mature, trained, and responsible babysitter or caregiver.
- Ask us questions about child care programs.
- Talk with us or call for help if you feel sad or very tired for more than a few days.
- Spend time with family and friends.

✓ YOUR BABY'S DEVELOPMENT

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds she makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Don't have a TV on in the background or use a TV or other digital media to calm your baby.
- If your baby is fussy, give her safe toys to hold and put into her mouth. Make sure she is getting regular naps and playtimes.

✓ FEEDING YOUR BABY

- Know that your baby's growth will slow down.
- Be proud of yourself if you are still breastfeeding. Continue as long as you and your baby want.
- Use an iron-fortified formula if you are formula feeding.
- Begin to feed your baby solid food when he is ready.
- Look for signs your baby is ready for solids. He will
 - Open his mouth for the spoon.
 - Sit with support.
 - Show good head and neck control.
 - Be interested in foods you eat.

Starting New Foods

- Introduce one new food at a time.
- Use foods with good sources of iron and zinc, such as
 - Iron- and zinc-fortified cereal
 - Pureed red meat, such as beef or lamb
- Introduce fruits and vegetables after your baby eats iron- and zinc-fortified cereal or pureed meat well.
- Offer solid food 2 to 3 times per day; let him decide how much to eat.
- Avoid raw honey or large chunks of food that could cause choking.
- Consider introducing all other foods, including eggs and peanut butter, because research shows they may actually prevent individual food allergies.
- To prevent choking, give your baby only very soft, small bites of finger foods.
- Wash fruits and vegetables before serving.
- Introduce your baby to a cup with water, breast milk, or formula.
- Avoid feeding your baby too much; follow baby's signs of fullness, such as
 - Leaning back
 - Turning away
- Don't force your baby to eat or finish foods.
 - It may take 10 to 15 times of offering your baby a type of food to try before he likes it.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Poison Help Line: 800-222-1222

Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

6 MONTH VISIT—PARENT

HEALTHY TEETH

- Ask us about the need for fluoride.
- Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice).
- Don't give your baby a bottle in the crib. Never prop the bottle.
- Don't use foods or juices that your baby sucks out of a pouch.
- Don't share spoons or clean the pacifier in your mouth.

WHAT TO EXPECT AT YOUR BABY'S 9 MONTH VISIT

We will talk about

- Caring for your baby, your family, and yourself
- Teaching and playing with your baby
- Disciplining your baby
- Introducing new foods and establishing a routine
- Keeping your baby safe at home and in the car

SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Never put your baby in the front seat of a vehicle that has a passenger airbag.
- If your baby has reached the maximum height/weight allowed with your rear-facing-only car seat, you can use an approved convertible or 3-in-1 seat in the rear-facing position.
- Put your baby to sleep on her back.
- Choose crib with slats no more than 2 $\frac{3}{8}$ inches apart.
 - Lower the crib mattress all the way.
- Don't use a drop-side crib.
- Don't put soft objects and loose bedding such as blankets, pillows, bumper pads, and toys in the crib.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Do a home safety check (stair gates, barriers around space heaters, and covered electrical outlets).
- Don't leave your baby alone in the tub, near water, or in high places such as changing tables, beds, and sofas.
- Keep poisons, medicines, and cleaning supplies locked and out of your baby's sight and reach.
- Put the Poison Help line number into all phones, including cell phones. Call us if you are worried your baby has swallowed something harmful.
- Keep your baby in a high chair or playpen while you are in the kitchen.
- Do not use a baby walker.
- Keep small objects, cords, and latex balloons away from your baby.
- Keep your baby out of the sun. When you do go out, put a hat on your baby and apply sunscreen with SPF of 15 or higher on her exposed skin.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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YOUR CHILD'S TEETH

6 MONTHS – 9 MONTHS OF AGE

- Your child's baby teeth help your child chew and speak normally. They also hold space in the jaws for the adult teeth that come in later. Starting infants with good oral health care can protect their teeth for decades to come.
- Below is a chart that shows average eruption ages for baby teeth. Your child's teeth may erupt earlier or later than shown here.

Primary Teeth			Erupt
Upper Teeth			
	Central incisor	8-12 mos.	
	Lateral incisor	9-13 mos.	
	Canine (cuspid)	16-22 mos.	
	First molar	13-19 mos.	
	Second molar	25-33 mos.	
Lower Teeth			Erupt
	Second molar	23-31 mos.	
	First molar	14-18 mos.	
	Canine (cuspid)	17-23 mos.	
	Lateral incisor	10-16 mos.	
	Central incisor	6-10 mos.	

▪ **TEETHING TIPS:**

- As teeth erupt, some kids may have tender gums. Rubbing your child's gums with a clean wet gauze or finger may help. A clean, chilled teething ring may also ease sore gums. **DON'T** dip teething rings or pacifiers in honey, sugar, syrup or other foods.
- Gels or creams with benzocaine should **NOT** be used to soothe sore gums in babies younger than 2 years of age. Benzocaine is an anesthetic that has caused serious reactions in a small number of young children. Benzocaine is found in such over the counter products as Anbesol, Baby Orajel and Orabase.

▪PREVENTION OF BABY BOTTLE TOOTH DECAY:

- Tooth decay can begin as soon as baby's teeth come in.
- Babies have a higher risk for decay if their teeth are in contact with sugary liquids often or for long periods of time. These liquids include juice, soda and other sweetened liquids. Bacteria in the mouth feed on this sugar and the bacteria release acid that attack the teeth and cause cavities.
- NEVER put your baby to bed with a bottle or use a bottle as a pacifier. If your child uses a pacifier, don't dip it in sugar or honey or put it in your mouth before giving it to your child. It is important to know that cavity causing bacteria from your mouth can be passed to your baby.
- Sippy cups should only be used routinely until around their first birthday.

▪CLEANING YOUR BABY'S TEETH:

- Prior to teeth erupting, wipe your baby's gums with a clean, damp gauze or washcloth after feedings.
- When your child's teeth begin to erupt, brush them gently with a child-sized toothbrush and water. If you sit and rest their head into your lap, that will allow you to see easily into their mouth.

▪HELPFUL RESOURCES:

- <http://www.valleypediatricdentists.com/> - **Valley Pediatric Dentists**
- <http://www.aapd.org/> - American Academy of Pediatric Dentistry



SLEEP TRAINING YOUR *Baby*



Here are a few tips and techniques for putting your little one down at bedtime that can help your baby (and you) rest longer through the night.



PREPARING YOUR BABY FOR SLEEP TRAINING

- Make bedtime a consistent routine that begins with a feeding.
- Make sure the crib meets recommended safety standards and is outfitted with a tight, fitted sheet and free of toys, pillows, and loose blankets.
- Dress your baby in pajamas that fit snugly.
- Place your baby on his or her back.
- Avoid sleeping in the same bed with your baby if he or she is younger than 1 year.

SLEEP TRAINING

THINGS TO REMEMBER



- Different approaches may work with different babies.
- If you have your own approach that works well, use it. You know your baby best.
- 15 to 20 minutes is the average crying time for an infant under 5 months of age.

METHODS AND THEIR POPULARITY*

METHOD

1

SELF-SOOTHING 27%* —

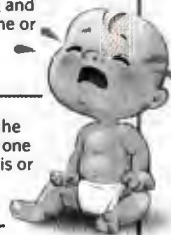
- You don't offer nighttime soothing and allow your baby to cry alone until he or she goes back to sleep.

METHOD

2

PARENTAL SOOTHING 31%* —

- You comfort your baby every time he or she cries. This allows your little one to adjust to a full night's sleep at his or her pace.



METHOD

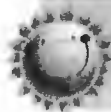
3

ADULT FADING 42%* —

- You slowly wean your baby from the nighttime soothing by lessening your involvement over the course of a few weeks.
- You offer less attention each night.
- You sit by the crib while your baby is going to sleep, then move farther away each night.

*Percentages based on answers from 439 Twitter users when asked what method they've used or plan to use.

TIPS TO STREAMLINE THE PROCESS



- Dim the lights, speak in low voices, and keep stimulation low.
- Make daytime feeding playful and nighttime feeding calm.



If you're struggling, or for more information, talk to your pediatrician or the experts at Children's Hospital of Pittsburgh of UPMC.

6 to 12 Months



6 TO 12 MONTHS

Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which can be prevented?

Often, injuries happen because parents are not aware of what their children can do. Your child is a fast learner and will suddenly be able to *roll over*, *crawl*, *sit*, and *stand*. Your child may *climb* before walking, or *walk* with support months before you expect. Your child will *grasp* at almost anything and reach things he or she could not reach before.

Falls

Because of your child's new abilities, he or she will fall often. Protect your child from injury. **Use gates on stairways and doors. Install operable window guards** on all windows above the first floor. **Remove sharp-edged or hard furniture** from the room where your child plays.

Do not use a baby walker. Your child may tip it over, fall out of it, or fall down the stairs in it. Baby walkers allow children to get to places where they can pull hot foods or heavy objects down on themselves.

If your child has a serious fall or does not act normally after a fall, call your doctor.



Burns

At 6 to 12 months children grab at everything. **NEVER** leave cups of hot coffee on tables or counter edges. **And NEVER carry hot liquids or food near your child or while holding your child.** He or she could get burned. Also, if your child is left to crawl or walk around stoves, wall or floor heaters, or other hot appliances, he or she is likely to get burned. **A safer place for your child** while you are cooking, eating, or unable to provide your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair.**



If your child does get burned, put cold water on the burned area immediately. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

(over)

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Drowning

At this age your child loves to play in water. Empty all the water from a bathtub, pail, or any container of water immediately after use. Keep the door to the bathroom closed. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Drowning can happen in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe in or near water. Stay within an arm's length of your child around water.



If you have a swimming pool, now is the time to **install a fence** that separates the house from the pool. The pool should be fenced in on all 4 sides. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. Be prepared — install a fence around your pool now, before your child begins to walk!

Poisoning and Choking

Your child will explore the world by *putting anything and everything into his or her mouth*. NEVER leave small objects or balloons in your child's reach, even for a moment. Don't feed your child hard pieces of food such as hot dogs, raw carrots, grapes, peanuts, or popcorn. Cut all of his or her food into thin slices to prevent choking.

Be prepared if your child starts to choke. Learn how to save the life of a choking child. Ask your doctor to recommend the steps you need to take.

Children will put everything into their mouths, even if it doesn't taste good. Many ordinary things in your house **can be poisonous** to your child. Be sure to keep household products such as cleaners, chemicals, and medicines up, up, and away, completely out of sight and reach. Never store lye drain cleaners in your home. **Use safety latches or locks** on drawers and cupboards. Remember, your child doesn't understand or remember "no" while exploring.



If your child does eat something that could be poisonous, call the Poison Help number at 1-800-222-1222 immediately. Do not make your child vomit.

Strangulation and Suffocation

Place your baby's crib away from windows. **Cords from window blinds and draperies can strangle your child.** Use cordless window coverings, or if this is not possible, tie cords high and out of reach. Do not knot cords together.

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your child.

And Remember Car Safety

Car crashes are a **great danger** to your child's life and health. Most injuries and deaths caused by car crashes **can be prevented** by the use of car safety seats EVERY TIME your child is in the car. All infants and toddlers should ride in a rear-facing car safety seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. A rear-facing car safety seat should NEVER be placed in front of a passenger air bag. Your child, besides being much safer in a car safety seat, will behave better so you can pay attention



to your driving. **The safest place for all infants and children to ride is in the back seat.**

Do not leave your child alone in a car. Keep vehicles and their trunks locked. Children who are left in a car can die of heat stroke because temperatures can reach deadly levels in minutes.

Remember, the biggest threat to your child's life and health is an injury.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.