

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

6 MONTH OLD

FEEDING SUGGESTIONS

Continue to introduce new fruits and vegetables. Prepared baby food (start with stage 1 and advance to stage 2) is fine. If making homemade baby food, wash and peel fruits and vegetables, cook and puree well. Meats may be stewed and then mashed or pureed. Pureed food may be frozen and stored as cubes. Start with 1-2 tablespoonfuls and work up to 2-3 tablespoonfuls. The largest meal of the day is usually lunch at this age. Avoid the following foods until one year of age; egg whites, shellfish, chocolate, honey, peanut butter.

GROWTH AND DEVELOPMENT

The six month-old is more than twice as heavy and about 6 inches taller than at birth.

The infant sits with support now and within the next two months will sit without support.

The hands become more dexterous, and smaller objects are picked up with more precision. Baby will begin transferring an object from one hand to the other.

She/he will love music and may respond with rhythmical movements of her/his body.

Babies at this age love toys that make noises - bells, rattles, books with sound effects, etc. They will also be happy playing with spoons and pots and pans!

Bath time is usually very enjoyable and water toys will add pleasure.

Now is the time to **thoroughly** child proof your home with drawer latches, gates, toilet locks, etc. Put breakable objects out of baby's reach so that you avoid the habit of saying "No!" all the time. All cleaning products, poisonous substances, and medications (*prescription and non-prescription*) should be placed in high, latched cabinets. You and your baby will find life much easier if she/he is provided with a large, safe area in which to play. Do not use a walker - they are very dangerous. See TIPP sheet for further advice.

6 MONTH OLD

Breakfast

(7-8:00 a.m.)

Tri-Vi-Flor 0.25 mg., 1 dropperful
Cereal
Fruit (*Stage 1 or homemade pureed*)
Egg yolk (*1-3 times per week*)
Breast or bottle (*as Enfamil Lipil with Iron*)

Lunch

(11:30 - 12:30)

Vegetables
Fruit
Meats (optional)

2:30 p.m.

Breast or Bottle

Dinner

(6:00 p.m.)

Cereal
Fruit and/or Vegetables\

7-8:00 p.m.

Breast or Bottle

If bottle feeding, baby should continue on Enfamil Lipil with Iron until 9-12 months of age.

Egg yolk may be jarred or cooked. Avoid soft boiled eggs, as eggs must be thoroughly cooked to avoid bacterial illness.