How Your Family Is Doing
- Take time for yourself.
- Take time together with your partner.
- Spend time alone with your other children.
- Encourage your partner to help care for your baby.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.
- Hold, cuddle, talk to, and sing to your baby each day.
- Massaging your infant may help your baby go to sleep more easily.
- Get help if you and your partner are in conflict. Let us know. We can help.

Feeding Your Baby
- Feed only breast milk or iron-fortified formula in the first 4–6 months.

If Breastfeeding
- If you are still breastfeeding, that’s great!
- Plan for pumping and storage of breast milk.

If Formula Feeding
- Make sure to prepare, heat, and store the formula safely.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Do not give your baby a bottle in the crib.

Solid Food
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids:
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.
- Avoid foods that cause allergy—peanuts, tree nuts, fish, and shellfish.
- Avoid feeding your baby too much by following the baby’s signs of fullness
  - Leaning back
  - Turning away
- Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

Safety
- Use a rear-facing car safety seat in the back seat in all vehicles.
- Always wear a seat belt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags away from your baby.
- Keep a hand on your baby on any high surface from which she can fall and be hurt.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Do not drink hot drinks when holding your baby.
- Never leave your baby alone in bathtub, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don’t let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.
- Do not use loose, soft bedding or toys such as quilts, pillows, or pillow-like bumper pads.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Playtime
- Learn what things your baby likes and does not like.
- Encourage active play.
  - Offer mirrors, floor gyms, and colorful toys to hold.
  - Tummy time—put your baby on his tummy when awake and you can watch.
  - Promote quiet play.
  - Hold and talk with your baby.
  - Read to your baby often.

Crying
- Give your baby a pacifier or his fingers or thumb to suck when crying.

Healthy Teeth
- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don’t pass bacteria that causes tooth decay on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean the baby’s pacifier.
- Use a cold teething ring if your baby has sore gums with teething.

What to Expect at Your Baby’s 6 Month Visit
We will talk about
- Introducing solid food
- Getting help with your baby
- Home and car safety
- Brushing your baby’s teeth
- Reading to and teaching your baby

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org