

6 Months

Developmental Milestones

Gross Motor

Pulls to sitting with no head lag
 Sits with support of his hands
 Sits unsupported for short periods (6-8m)
 Supports his/her whole weight on his/her legs
 Rolls over both ways

Language

Responds to sound by making sounds
 Distinguishes emotions by tone of voice
 Uses voice to express joy and displeasure
 Syllable repetition begins (dada typically first)

Fine Motor-Adaptive

Grasps feet
 Transfers objects from hand to hand
 Uses raking grasp (not pincer)
 Looks for toy beyond tracking range
 Grasps objects dangling in front of him
 Looks for fallen toys
 Explores with hands and mouth
 Struggles to get objects that are out-of-reach
 Makes attempts to feed himself

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



Personal-Social

Enjoys social play
 Interested in mirror images
 Responds to other people's expressions of emotion

Anticipatory Guidance

Safety

- ◆ Always place your baby in an appropriate, rear-facing infant/car seat, and make sure the seat is appropriately strapped into the vehicle.
- ◆ Make sure your baby's bedding is tight fitting and that there are not any loose blankets/stuffed animals that can cover the baby's face.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your baby lying on any surface above ground level without the baby being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around babies.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around your baby. You never know when they might spill.
- ◆ Never use a microwave to heat formula or breastmilk. It can heat unevenly and cause burns.
- ◆ Never give a baby honey or corn syrup of any kind. It can lead to infant botulism.
- ◆ Avoid direct sun exposure. Your baby has very sensitive skin and will burn easily. Sunscreen can be used after six months of age.
- ◆ Home should be childproofed now.
- ◆ Never leave a bottle of formula in the crib with your baby. It will lead to tooth decay.

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Anticipatory Guidance

Infant Care

- ◆ Begin introducing a sippy cup for water.
- ◆ Always have a bulb syringe (nasal aspirator) on hand. Use this to clear the nose of congestion, spit-up, etc. Remember, babies require their noses to breathe.
- ◆ Bedtime routines are important at this age.
- ◆ Begin reading stories at this age. Your baby will begin to interact with the pictures.
- ◆ If your baby is strictly breastfed and does not receive any tapwater or fluoridated water, he will need fluoride supplements.
- ◆ Watch for the first teeth! Once your baby develops teeth, begin brushing or wiping them with a cloth daily.

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