



At Takat a Village...

## **Your child is a social 6 month old!**

Babies who are 6 months old are beginning to develop social and emotional relationships, interacting with parents and other adults, often as the center of attention in group gatherings. Peek a boo is a fun game to play at this age as children are learning to interact with people. 6 month olds are not yet mobile, so they are the perfect companion for a stroll in the park or the mall, unless of course, they are not fed!! 😊 Shortly after this new found social period, babies will often develop stranger anxiety. Read on to find out other things your infant may start doing over the next three months.

### **Development:**

- Will crawl, creep, scoot
- Pincer grasp
- Will engage in social games
- Will understand “No”
- Stranger anxiety

### **Safety:**

- Lower crib mattress
- Continue to keep child in rear facing car seat
- Use few a consistent rules
- Beware of hazards in non-child proofed places you take your child
- Avoid baby walkers
- You can now apply sunscreen, SPF 45 or higher when outside

### **Nutrition:**

- Introduce solids if not yet done, introduce foods one at a time, starting with rice cereal, moving to vegetables, then fruits. Try each food by itself for 3-5 days before adding another as to avoid allergic reaction with unidentified single food. Meats may be introduced at 8 months.
- Start offering cup with water or juice
- No bottle propping or placing child to bed with bottle

### **When to call for our advice:**

- Fever greater than 100.4 rectally
- Skin rash that looks red pin pricks or purplish spots
- Inconsolability/irritability
- Failure to eat
- Persistent vomiting, diarrhea

If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Enjoy your sweet baby!