



West Virginia HealthCheck

6 Month Visit

What to Expect at the 6 Month Visit

At the 6 month visit, expect your health care provider to focus on your baby's feeding and nutrition. Some questions your provider may ask include:

Have you begun introducing solid foods?

If so, what are you feeding your baby at this time?

What types of liquids/fluids is your baby getting in the bottle or cup?

- Your baby's length and weight along with **head circumference** will be measured. It is typical for your baby's growth to slow down over the next 6 months.
- Your provider will talk with you about your baby's social, emotional, communicative and physical development and what to expect over the next three months. Expect to talk about **stranger anxiety**, increasing motor skills, such as rolling over and crawling, and improving language skills such as babbling.
- You will be asked questions to determine risk for exposure to **lead** and **tuberculosis**.
- Your provider will talk with you about early oral health care.
- Throughout the visit, you will have opportunities to talk with your provider about questions and concerns you may have.

Preventive Care Tips: Feeding and Nutrition

You can introduce solids any time between 4 and 6 months if your baby is ready. Until then, breast milk or iron-fortified formula provides all the calories and nourishment your baby needs and can handle. Do not give cow's milk until your baby's first birthday.

Signs that your baby is ready for solid foods include:

- Sits with support and has good head and neck control
- Fading of the baby's tongue-thrust reflex (stops pushing food out of the mouth)
- Interest in the foods you eat
- Opens mouth for a spoon

Introduce new foods one at a time. Good sources of iron include iron-fortified infant cereal and pureed red meats.

If you decide to start with iron-fortified cereal, mix it with enough formula or breast milk to make a semi-liquid. Use a soft-tipped plastic spoon when you feed your baby, to avoid injuring his gums. Start with just a small amount of food on the tip of the spoon.

Begin with a once-a-day feeding, whenever it's convenient for you and your baby, but not at a time when your baby seems tired or cranky. Your baby may not eat much in the beginning, but give him time to get used to the experience.

Gradually introduce pureed or soft fruits and vegetables after your baby has begun eating iron-fortified, single grain infant cereal and/or pureed red meats.

Offer 1-2 tablespoons of solid food 2-3 times a day.

Avoid feeding your baby too much by following the baby's signs of fullness including leaning back or turning away.

At about this time, you can also introduce your baby to water, which may help keep constipation at bay (although your baby will get all the hydration he needs from breast milk or formula). You can offer 2 to 4 ounces of water per day in a sippy cup.

Avoid foods that can cause allergies-peanuts, tree nuts, fish and shellfish. Do not feed your baby honey because it can cause illness in babies under a year old.

What To Expect At The 9 Month Visit

- Your provider will talk with you about your baby's continued development and what to expect over the next two months. Additionally, your provider will use a **standardized developmental screening tool** to evaluate your baby's overall development.
- Your baby may begin cutting teeth. Your provider will talk to you about how to take care of your baby's teeth.

**West Virginia
HealthCheck Program
1-800-642-9704**

www.dhhr.kj.gov/healthcheck

**Transportation Assistance
Contact MTM to schedule a ride
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www.mtm-inc.net/west-virginia