

# 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, 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 honey until 1 year of age.

### GROWTH AND DEVELOPMENT

At six months your baby is more than twice as heavy and about 6 inches taller than at birth.

She 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. She will begin transferring an object from one hand to the other.

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

Babies at this age love toys that make noise - 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 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*)  
Breast or bottle

### 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 formula with Iron until 9-12 months of age.

The first time you try egg, try it in something baked, like bread or pancakes. If no reaction, then you can give scrambled or hard boiled eggs.

Visit our Website

[www.chestnutridgepediatrics.com](http://www.chestnutridgepediatrics.com)

Vaccine Info. sheets available on website

(Over)