

A Healthy Child... A Happy Home...



Relationships

6-7 months

Having fun

People and relationships are important to babies at this age. Babies like our attention and being part of the family. They enjoy interacting. These are fun times.

- Play interactive games with your baby:
 - peck-a-boo
 - pat-a-cake
 - let Baby see her face in the mirror
- Listen to your baby “talk.” And respond to her.
- Talk to your baby as you do your daily routine (like diaper changing, feeding and bathing).
- Let Baby play with the spoon during feeding times. Babies think this is fun!



USE PRAISE TO TEACH GOOD BEHAVIORS:

Little babies don’t know right from wrong. But they like it when we praise them. They love attention, words, hugs, kisses and smiles. These are powerful tools in showing babies our love and teaching them.

PRAISE CAN:

- help babies feel happy
- give babies encouragement
- help teach them about good behavior

HERE ARE WAYS TO PRAISE YOUR BABY:

- When your baby does things you like, tell her:
 - “You do such a good job drinking from a cup.”
 - “What a nice smile!”
 - “I love how you talk to me.”
- Give hugs, kisses and smiles along with your words.
- Look for little things to praise.
- The more you praise, the more your baby will listen to you.

THE BEGINNINGS OF DISCIPLINE:

- Some people think that discipline is yelling and hitting.
- Praising good behavior is discipline.
- By praising your baby, you are encouraging listening and good behavior.
- Moving Baby away from something she should not touch, and giving her something better to play with is discipline.



What a nice smile!

The more you praise, the more your baby will listen to you.



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BETTER TOGETHER



Your attention is special. It encourages and teaches your baby!

Nutrition - Feeding Baby

- Baby still needs breast milk or formula as usual.
- Now is the time to also start solid foods.
- Give Baby solid food at one of her meals.
- Start with rice cereal - it is easy on Baby's tummy. Give vegetables next.
- Give new foods slowly. Try a new food every 3-5 days.
- When Baby is 8 months old, 2 meals a day should include solid food.
- By 10 months, your baby should have solid food at each of her 3 meals.
- Let Baby start using a cup. Baby cups with handles and tops are good. Help your baby hold the cup so she can drink from it.
- Learning to drink from a cup is a new skill for Baby. Let her practice. Give Baby a cup with a little water in it. She will probably make a mess, but she's learning how to hold and use it.



Health and Safety

- Always put Baby in a car seat when you go in the car. Make sure the car seat is placed in the back seat, facing rear, and buckled in. In all cases babies should be facing rear until they are **BOTH** one year old and 20 pounds at the very minimum.
- Childproof your home. Babies put everything in their mouths. Keep little things (including cigarette butts) off the table and floor. Put special things out of Baby's reach.
- Keep Baby away from hot drinks like coffee or tea.
- Never leave your baby alone in the bathtub, not even for a minute. Baby could drown.
- Don't let people smoke around your baby.
- Did you know that if your baby is in a car for 1 hour when somebody is smoking and the windows are closed it's the same as smoking 3 cigarettes.
- Baby needs immunization shots at 6 months. Make an appointment soon.
- Baby's next check-up is at 9 months. See you then.

Coming Attractions

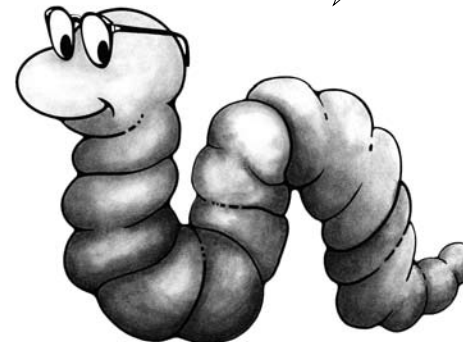
In the next months, most babies:

- get better at drinking from a cup
- enjoy "finger foods"
- clap hands
- begin "scooting" or crawling
- may become afraid of strangers and prefer someone they know



- clean teeth with a soft brush
- give Baby fluoride drops
- no bottles in bed

Hey mom... making a mess is important in learning.



For car seat info, call 1-800-772-1315 (Child Seat Safety Resource Center).