



## Anticipatory Guidance - 6 Month Checkup

### Family

- Maintain consistent family routine

### Development and Behavior

- Promote language using simple words
- Provide age-appropriate toys, remove small toys/pins/plastic pieces
- Read books and talk about pictures/story using simple words
- Use distraction for discipline

### Nutrition

- Introduce solids slowly, one at a time
- No bottle in bed
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator
- Mash up table foods if given, no hot dogs cut into circles
- Offer juice in cup during snack time

### Routine Care

- Clean mouth/teeth with soft cloth/toothbrush twice a day
- Teething

### Safety

- Lead risk assessment
- Do not use walker
- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, cleaning supplies, and medicines out of reach
- Keep hand on infant when on bed or changing on table/couch
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Choking hazards