

# Your Growing Baby:

## At five months your baby may:

- Hold his head steady while being pulled to a sitting position
- Roll over from her tummy to back
- Smile, laugh and squeal
- Look at small objects
- Reach, grab and hold objects

## At six months your baby may:

- Sit with support
- Roll over from back to tummy
- Jabber and babble
- Like to be with people she knows
- Like to see faces and hands
- Put objects in his mouth
- Bounce up and down when sitting
- Bang things together, like a spoon on a pan
- Show fear and anger

## Health Care:

- Your baby should have a well child checkup and shots when he is six months old.
- Your baby's gums may be sore where teeth are forming. A clean damp wash cloth or teether may feel good for your baby to chew on.
- Your baby needs lots of room to move around so her muscles can get strong.
- Choose safe places for your baby to explore.
- Clean your baby's gums with a clean soft cloth or soft toothbrush without toothpaste.
- Do not put your baby to bed with a bottle.
- Your baby's bowel movements may change colors, texture and smell as your baby starts to eat solid foods.
- Baby needs a smoke free home and car.

## Nutrition:

- Use a cup for juice and water.
- As foods are introduced to baby, mom can:
  - Use a spoon to feed pureed (mashed, no chunks) baby food.
  - Let baby use his fingers to pick up small, soft foods.

## Safety:

- Your baby needs someone with her all the time.
- Block all stairways with baby gates so baby doesn't climb.
- Keep strings away from your baby. Strings can be on clothing, mini-blinds and mobiles.
- Baby can strangle or choke on strings.
- Keep small things away from your baby. He may choke on them.
- "Baby proof" all rooms. This means to: place things that can break out of baby's reach; put covers on electric sockets, fasten cabinet doors and put away anything else that might hurt baby.
- Keep electric cords out of reach.
- Keep your baby away from hot things.
- Keep your baby away from peeling paint.
- Put medicine, cleaners, and poison where baby cannot get to them.
- Use the safety belt when your baby is in a high chair.
- Keep the side rails up on your baby's crib.
- Don't let baby go into the bathroom by himself. Keep toilet lids closed.
- Put trashcans out of your baby's reach.
- NEVER leave your baby alone in water. She can drown in even a small amount of water.
- Don't let your baby use a walker. Your baby can get into trouble and get hurt easily in a walker.
- If your home is more than 25 years old, ask your health care provider about lead poisoning and how to check your home for lead.

## Five-to-six-month-old baby



# Your Growing Baby:

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## **Car Safety:**

- Put your baby in her car safety seat every time she is in a vehicle.
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is strapped into the car safety seat the right way.
- Car seats get very hot in warm weather and can burn your baby. Cover the seat with a light blanket or towel.
- NEVER leave your baby alone in a vehicle-not even for a minute!

## **What kinds of toys are good for five to six month olds?**

- Colorful baby books with board or cloth pages
- Plastic cups and bowls to stack
- Busy box
- Crib activity toys with dials, buttons and mirrors
- Musical toys
- Squeeze toys
- Soft, easily held toys (like balls)
- Rattles
- Blocks
- Pop-up toys
- Bath toys with smooth edges
- Baby's toy box needs to be safe and light weight-no heavy lids or sharp places.
- Toys should always be too big for your baby to swallow. Your baby may choke on small toys.

## **Things you can do to show you care about your baby:**

- Play games like pat-a-cake and peek-a-boo.
- Imitate the sounds and faces your baby makes.
- Talk, sing, and read to your baby.
- Gently hug and kiss your baby.
- Play gentle music for your baby.
- Make bath time a fun time for baby and you.
- Let your baby see himself in a mirror.
- Choose colorful things for your baby's clothes, toys and room.
- Have a bedtime routine to help your baby get to sleep.
- Provide chances to explore safely in the house and outdoors.
- Call your baby by her name.
- Praise your baby's good behavior.

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