

YOUR SIX MONTH OLD

Name: _____

Weight: _____ Length: _____ Head Circumference: _____

Feeding:

Continue to introduce new foods. Give meals 2-3 times a day. Please refer to Table I below for suggested serving size. Continue breast milk or formula. Try not to exceed 32 ounces of formula daily. Remember, don't place your child in his crib with a bottle.

You may also begin introducing finger foods at this time. Finger foods should be firm enough to pick up, yet tender enough to chew, swallow and digest. Avoid small pieces of hard food that may cause choking or gagging (i.e. candy, chips, gum, popcorn, nuts, seeds, peanut butter, or raw vegetables). Avoid allergenic foods, such as eggs and peanut butter. Please refer to Table II below for suggested table foods.

TABLE I

6-9 months	Breastmilk or formula (with iron)	3-5 nursings - 24-32 ounces/day
	Iron fortified cereal	2-3 Tbsps. - 2 times/day
	Strained fruits	2-3 Tbsps. - 2 times/day
	Strained vegetables	2-3 Tbsps. - 2 times/day
	Teething biscuit/plain toast 1/2 to 1 serving	

TABLE II

Table Foods Your Baby May Enjoy For Babies 6-9 months

Applesauce	Bagels	Cooked Cereals
Toast Strips	Teething Biscuits	Moist Turkey, Chicken
Mashed Potatoes	Cottage Cheese	Soft Cooked Vegetables, Mashed
Yogurt, plain or vanilla	Cheese	Cooked Soft Beans
Soft Pasta	Cheerios, Kix Cereals	

Sleep:

Most children are sleeping through the night now without a feeding. Your good sleeper may surprise you by starting to wake up again at night. Discourage this behavior by leaving him in the crib and quietly consoling him.