

Baby and You

A newsletter for parents of six month-old babies



Baby Immunizations

By six months, your baby should have had the following immunizations. If your child is missing any of these immunizations, please call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment. A health care provider or Health Dept. can provide immunizations based on the MCIR record.

- DTaP
- Polio
- Hib
- Hepatitis B
- Pneumococcal
- Rotavirus
- Flu

It is very important for your child's health and development to have proper nutrition. WIC (Women, Infants, and Children) can help by providing free food and many other family resources. Call 1800-432-4121 for more information.

Now that your baby is six months old, you're probably noticing that he has a unique personality. Your baby trusts you and may cling to you when you hold him. Babies may act afraid of other people they do not know well. Six month-old babies are very busy and need to explore. Parents need to baby-proof the house and think about how to safely discipline their child so he doesn't get hurt. An example is moving your child away from an object, such as a cord, to a safer place.

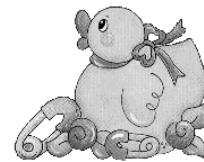
Your Baby at 6 Months...

Your baby can:

- Roll from stomach to back and back to stomach
- Sit alone or with support, and may start pulling himself up in the crib
- Start drinking from a cup
- Sleep for long periods at night and take naps
- Begin solid foods if baby can sit supported and can move tongue back and forth

Your baby needs:

- ...time on tummy on flat surface when awake
- ...a safe place to explore his world
- ...to be offered small amounts of juice in a non-breakable cup
- ...a routine for naps and bedtime
- ...rice cereal made with 1-2 tablespoons of breastmilk or formula



Safety Needs:

- babies enjoy bath time, but remember not to leave them alone in the tub
- put covers on electrical outlets
- keep cleaners and medicines out of your baby's reach
- safety gates are needed at the top of stairs

Dental Needs:

- wipe your baby's teeth and gums with a damp washcloth to remove plaque
- two to four teeth may begin to appear
- keep baby's teeth healthy by not giving baby a bottle in bed
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

6 months

*Talk * Read *Explore

You can:

- * **Let** your baby explore books. Right now, books are like toys. Babies love to teethe on them and handle them roughly at first. This helps them learn what books are all about.
- * **Re-read** the same stories. Babies love to hear them over and over again.
- * **Name** and point to things while out on a walk or doing simple tasks like folding laundry. This helps your baby learn that objects have names.

Book Corner: Books with sturdy pages are easy to prop up so baby can see them. Chunky board books are fun for baby to touch and taste! Babies like books with photos of familiar objects like balls and bottles or even other babies! Our book pick: *Peek-A-Boo*, by Roberta Grobel Intrater.

There are many resources to help you as a parent of a 6 month-old:

Babies all develop at different rates. If you have concerns about your baby's development, call **Early On** at 1-800-327-5966. If you have concerns about your child's hearing, call the health department for FREE hearing screening at 1-800-432-4121.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MiChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

The **Great Start Network** offers an event line for families to keep you up to date on the events happening in your school district for families with children 0-5. Call 1-877-866-3714 twenty four hours a day and receive access to the event. For more information about Great Start Network please call 547- 6217 or 1-877-866-3714 or visit the website at <http://nwhealth.org>.

Playgroups! The Women's Resource Center, a partner in the Great Start Network, offers playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. All playgroups are free and are held from 9:30-11 a.m. To locate a playgroup in your area, call 347-0067.



Parent to Parent...

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:
www.llusa.org
www.wichealth.org

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

