

OLD TAPPAN PEDIATRICS

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SIX - EIGHT MONTHS

MILESTONES

Rolls over. Bears weight.
Sits with/without support.
Transfers objects from hand to hand. Takes objects with hand.
Vocalizes to others, laughs. Reacts to strangers – “stranger anxiety.”
May have first teeth.

NUTRITION

Breastfeeding or formula, plus 3 solid meals per day (some babies may decrease nursing/formula intake with increase solid intake)
May introduce cup; do not use drinking as a pacifier
May have juice (apple or white grape), although water is preferred
DO NOT PUT JUICE IN A BOTTLE (increases cavity risks)

FEEDING GUIDELINES

It is time to start increasing your babies food options in both variety and increasing textures.
Nearly all nutritious foods are allowed by this age (fruits, veggies, meats, eggs, etc.). Recent studies are showing that earlier exposure to foods thought to be allergenic may decrease the chances of food allergy.

From this time going forward, you are now down to three rules of feeding :

- 1) No honey till one year
- 2) No milk till one year
- 3) Avoid choking foods (peanuts, popcorn, whole grapes). Here is a good website that lists other foods to be wary of: <http://www.choosemyplate.gov/preschoolers/food-safety/choking-hazards.html>

VITAMINS : New Rx for multivitamin with fluoride: Polyviflor 0.25 mg. Give 1 dropperful daily.

ANTICIPATORY GUIDANCE

Time for Babyproofing your house!
Water safety - bathtub, pool and bucket
Protect from medicines (vitamins), cleaners, perfumes
Protect from electrical outlets and plugs
Protect from hot liquids, dangling cords, pulling tablecloths, and sharp table edges
Car seat in the back seat facing backwards to one year of age
Smoke-free environment

NEVER USE WALKERS

POISON CONTROL CENTER 1-800-222-1222

Play games and talk with your baby- they're becoming little people!

NEXT VISIT -9months