



age 6 through 8 months

# Your Growing Child

*A Family Brochure*

Babies grow, change and learn differently. Here are some tips to help you enjoy and keep your baby healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your baby.

## Health

Appetite will vary depending on growth and activity. At this age babies:

- Need a Child and Teen Checkups health check at 6 months. Regular health checks are important. Ask your clinic about fluoride use.
- Start teething. Have them chew on cold objects to help with the pain.
- Need teeth and gums cleaned daily with a wet cloth. NO juice in the bottle!
- May sleep 10-12 hours at night and nap 2-3 times a day.
- Can learn to fall asleep on their own. Put babies in their crib while still awake but sleepy.



Put babies to sleep on their backs, with crib rails up.

## Learning

Babies at this age usually:

- Start to babble. Repeat the sounds to them!
- Sit well with support or all by themselves, and roll over.
- Like to play on a blanket on the floor and like to bounce when held in a standing position.
- Hold objects and move them from hand to hand.
- Put everything in their mouth! **Watch them carefully.**
- *May be shy and cling to you when you leave.* Help your baby get to know other loving adults so she can practice separating for short times from you. This helps your baby learn that people leave and return.



Introduce solid/pureed foods. Only one new food a week. Breast milk and/or iron-fortified formula are still important food sources. (Try using a high chair.)

# Safety

- **ALWAYS** use an approved car seat, properly secured in the back seat.
- Keep your hot water temperature below 120°F. Before bathing your baby, check the water temperature with your wrist.
- Don't let **anyone** smoke around your baby.
- Never tie a pacifier around your baby's neck or to her clothing.
- Babies can drown in a small amount of water. Never leave your baby alone in a bathtub.
- Don't let your baby fall. Keep one hand on your baby when on a high surface (changing table, sofa or counter).
- Don't drink, eat or hold anything hot while holding your baby.
- Keep plastic bags, balloons, safety pins and small objects away from your baby.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Don't use infant walkers. Use a bouncy chair or swing instead.
- Child proof your home! Use safety gates, door latches and outlet covers.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທລີທາຕາມເລກໂທລີ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeoyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

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**Minnesota Poison Information**  
1-800-222-1222  
**Minnesota Immunization Hotline**  
1-800-657-3970

