

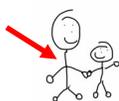
# Health is a Journey!!

What to expect at 6 Months!!! Tips from Gene



The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** when your child grows up! How exciting is that? And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!

Back, again!



**Gene and TSK** here to share with you the **Secrets of Being 6 Months Old!!**

**1st Long Term Goal: Giving Gifts!** The act of **Giving** makes people healthy by helping to decrease blood pressure and stress reactions that can make us sick! **Giving** makes us feel good about ourselves!



**Short Term Goals** you give to TSK:

**Eating** will make a big change! One food a week, and watch how the bowels react!  
**Start brushing those teeth** and **DON'T SHARE SPIT!**



## When to Call or Ask for Help!

- Any immunization problems last time?
- 2) Are appropriate vitamin, iron and fluoride intakes given?
- 3) Check hemoglobin between six and nine months.
- 4) Any concerns with hearing or vision? Start sharing a book daily with your child.
- 5) Any concerns with motor development?
- 6) Review lead poisoning information.
- 7) Any family stresses, verbal or physical abuse, or anger control issues?
- 8) TV/videos aren't recommended until 2 years of age, and then no more than 1 hour/day.
- 9) Does TSK use both arms and legs equally?
- 10) TSK should not have abnormal eye movements. Call if you see either crossing of the eyes or if one eye wanders.

**2nd Long Term Goal: Belonging** builds bridges to others which makes us healthy!



**Short Term Goals** you share with TSK to make him feel wanted!

**Environmental** issues, like lead poisoning, sunscreen need to be addressed. When you take care of

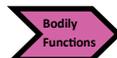


TSK thrives and knows you love him!

**3rd Long Term Goal: Improving Skills** by continuing to learn and do new things helps all ages! But what TSK can do now!!



The **motor abilities** are growing by leaps and bounds! From sitting, to manipulating things



to the mouth, to those talking issues! Watch for frustrations, and help TSK work through them.

**4th Long Term Goal: Independence**—The healthiest people

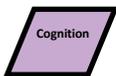
## One Day at a Time!!



learn to be self-sufficient!

**Short Term Goals:**

**Brain think-** ing



is EXPLODING! With TSK watching your Every Move and copying you! Have you noticed the babbling of "mama" or "dada"? Keep talking! TSK becomes **independent** when you spend time, like reading to him, and carrying on conversations!

Healthy Child Calendar						
1	2	3	4	5	6	7
<b>A Way to Stay "Up-to-Date" on TSK's Needs: Plan Ahead!</b>						
And it all happens each Day as you make choices! Here are a list of things to possibly add to your Healthy Child Calendar, to be sure they get done:						
8	15	22	29	36	43	50
Read Lead Information and check TSK's environments!	Read to TSK at least daily (or more!) It's OK for him "eat" the book!	Use sunscreen and bug spray properly!				

# Health is a Journey!! One Day at a Time!!



THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by Dr. Greta.

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## 6 MONTHS OLD!!! The Abilities are Blossoming!!!

### **MORE INFO in DEPTH....**

#### **Development**

**Cognitive** – Because your baby is more mobile and has more control over his/her body (especially those hands!), you will see him quickly moving from one thing to another. This is the beginning of observable attention span (it was always present, but now you can more easily see and interact with the baby). Most children have an attention span of about one minute per year, until age five; then it should become longer. At six months, your baby should be able to look at or play with something that interests him/her for thirty seconds. The key here is the baby needs to be INTERESTED! Watch your baby closely. When he/she takes an interest in something (that isn't harmful), let him/her explore it, explaining what it is, what it does, what color it is, etc. The explanations should not be long, and should be given in a context the baby might be able to understand. Simple objects, like a plastic measuring cup or spoon, plastic blocks, balls, different textures of materials, small cardboard boxes, etc. are some of the best toys, and inexpensive! Start holding your baby and looking at books, saying the name of the picture the baby pats! Babies understand far more than we realize; it is probably a good idea to stop talking in front of the baby about anything you do not wish him/her to start memorizing. This will include undesirable language, arguments, and negative statements about anyone, but especially about your baby. If you start changing your habits now, then when the baby starts talking more (within the next six months!), you won't be unpleasantly surprised!

**Motor** – Most babies are sitting for at least a few seconds now. Practice this many times a day by holding your baby at the waist for several minutes at a time, while he/she has interesting things to reach all around. This lets the back muscles strengthen and your baby will learn about objects at the same time! As the baby reaches for things, you will notice he/she uses the hand and fingers as a rake, pulling things close enough to grasp by the palm. Objects are easily passed from hand to hand, and holding a bottle should be possible this month. When sitting is well established, crawling is usually not far behind.

**Language** – Laughing, squealing, cooing become more refined, and some imitation skills start (i.e., blowing bubbles – some call this making "raspberries", coughing, babbling). Hearing is so important for language development, that you will want to watch closely to ensure your baby will turn to sounds that are behind or to the side (in other

words, not in direct vision). "Reading" to your baby is a great way to teach language!

**Social-Emotional** – You will be seeing more and longer interactions. The baby will show displeasure at some things, but this is usually short-lived. Enjoy this stage; it won't last long! You can now start playing with your baby with more complex language and physical activities; singing and dancing (bouncing up and down on the floor) are usually great fun! Most babies enjoy anyone who will smile and read to them!

**Stress Management** – Nothing new here, just watch for the same physical signs as before. As your baby realizes new things, or interprets situations in a new light, he/she may show stress reactions to an event he/she has experienced many times before (such as bath time). Each situation is different, so there are no pat answers; just try to figure out as best you can how the baby might understand the event. Explaining your feelings to the baby (even if you don't think he/she will understand) is good; it helps you get your ideas and feelings in order, and your baby understands far more than you think!

#### **Developmental Milestones for Six Months**

Rolls well and is starting to sit. Bears some weight on legs. Reaches for objects with raking grasp. Turns to sounds coming out of the line of vision. Pats and coos at his/her reflection. Vocalizations are becoming more and varied (babbling, blowing bubbles, squealing). Shows displeasure at losing a toy.

#### **Body Functioning**

**Feeding** – Keep all babies on breast feeding (now the baby probably needs a vitamin with iron), or formula with iron. Fluoride should be added if your water supply has no fluoride, or if your baby isn't using some water with fluoride at least daily. Solids can be started. Try only one new food a week. Some suggest starting with cereals (going through several kinds), then the vegetables, meats and fruits (If you start with fruits, some babies will not eat the meats or vegetables!). You can use pureed table food, but don't use table food carrots, squash or spinach, as these may contain too much nitrate. By the time the baby is one year old, these will be fine. Stay away from things with a husk, like corn, until the baby has a few teeth. Don't give foods that will need chewing until the baby has at least four to six teeth, evenly distributed on the top and bottom. Do not let your baby use a bottle as a pacifier. All meals now should be given in the high chair, or at least in a sitting posi-

tion. The baby should not be allowed to go to sleep while eating; this is bad for the new teeth, and teaches the baby eating is a requirement for going to sleep!

**Bad teeth in the family??** Cavities are just an infection of the teeth, and often this runs in families. If anyone in the family has bad teeth, don't let him/her kiss the baby on the mouth, share saliva (like put fingers or a pacifier in his/her mouth, then in the baby's mouth, or share drinks.

#### **Eyesight**

The eyes should not wander or cross after six months. If they do, it can mean that there is a "lazy eye", and vision can be lost. Call if you notice this.

#### **Sleeping**

Waking may be present now that an adult sleep pattern will be emerging. (See the Four Month Visit sheet.) If your baby has been sleeping through the night, and now starts waking, DON'T FEED! Be sure you are not rocking your baby to sleep, or letting him/her go to sleep with a bottle!

#### **Safety Issues**

"Babyfy" your home; get down on the floor at Baby's level often, to look for hazards. This will include small, choking objects and poisons, balloons or plastic bags/wrap, dangling cords, or materials (like a tablecloth).

Put the Poison control number on phones: 1-800-222-1222

Review CPR for the choking infant.

Review lead poisoning information.

Infant walkers are dangerous; remove the wheels. Don't leave a child in one for very long, as some authorities think that a child needs to see his/her legs and practice sitting, crawling for proper development.

Never leave Baby unattended in bath water.