

# Your Growing Baby:

## *Five- to six-month-old baby*

### **At five months your baby:**

- Pushes up with straight arms when on tummy
- Rolls over from tummy to back
- Smiles, laughs and squeals
- Likes to look at self in mirror
- Reaches for, grabs and holds objects

### **At six months your baby:**

- Sits with support
- Sticks tongue out and blows
- Takes turns making sounds with you
- Likes to be with people they know
- Likes to see faces and hands
- Puts objects in their mouth
- Closes lips to show they don't want more food

### **Health Care:**

- Your baby should have a well-child checkup and shots at six months old.
- Your baby's gums may be sore where teeth are forming. A clean damp wash cloth or teether may feel good for your baby to chew on.
- Your baby needs lots of room to move around so muscles can get strong.
- Choose safe places for your baby to explore.
- Clean your baby's gums with a clean soft cloth or soft toothbrush without toothpaste.
- Do not put your baby to bed with a bottle.
- Your baby's bowel movements may change colors, texture and smell as your baby starts to eat solid foods.
- Baby needs a smoke-free home and car.

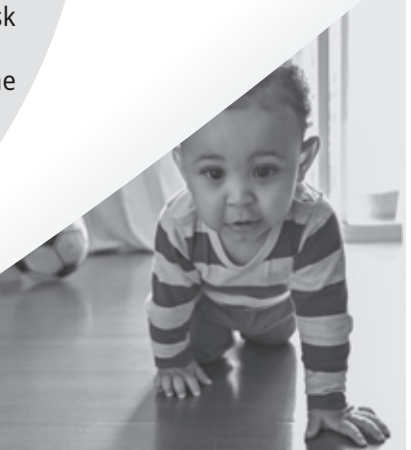
### **Nutrition:**

- Use a cup for water.
- As foods are introduced to baby, parents can use a spoon to feed pureed (mashed, no chunks) baby food.
- Let baby use their fingers to pick up small, soft foods.

### **Safety:**

- Your baby needs someone with them all the time.
- Block all stairways with baby gates so baby doesn't get hurt.
- Keep strings away from your baby. Strings can be on clothing, mini blinds, and mobiles. Your baby can strangle or choke on strings.
- Keep small things away from your baby. He may choke on them.
- "Baby proof" all rooms. This means to: place things that can break out of baby's reach; put covers on electric sockets, fasten cabinet doors and put away anything else that might hurt baby.
- Keep electric cords out of reach.
- Keep your baby away from hot things.
- Keep your baby away from peeling paint.
- Put medicine, cleaners, and poison where baby cannot get to them.
- Use the safety belt when your baby is in a high chair.
- Keep the side rails up on your baby's crib.
- Don't let baby go into the bathroom alone. Keep toilet lids closed.
- Put trashcans out of your baby's reach.
- NEVER leave your baby alone in water. Your baby can drown in even a small amount of water.
- Don't let your baby use a walker. Your baby can get into trouble and get hurt easily in a walker.
- If your home was built before 1978, ask your health care provider about lead poisoning and how to check your home for lead.

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*continued...*

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### **Car Safety:**

- Put your baby in a car safety seat every time they are in a vehicle.
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is strapped into the car safety seat the right way.
- Car seats get very hot in warm weather and can burn your baby. Check the seat temperature before placing baby in the seat.
- NEVER leave your baby alone in a vehicle-not even for a minute!

### **What kinds of toys are good for five to six month olds?**

- Colorful baby books with board or cloth pages
- Sturdy plastic cups and bowls to stack
- Busy box
- Musical toys
- Squeeze toys
- Soft, easily held toys
- Rattles
- Blocks
- Pop-up toys
- Bath toys with smooth edges
- Baby's toy box needs to be safe and light weight-no heavy lids or sharp places.
- Toys should always be too big for your baby to swallow. Your baby may choke on small toys.

### **Things you can do to show you care /about your baby:**

- Play games like pat-a-cake and peek-a-boo.
- Imitate the sounds and faces your baby makes.
- Talk, sing, and read to your baby.
- Gently hug and kiss your baby.
- Play gentle music for your baby.
- Make bath time a fun time for baby and you.
- Let your baby see themselves in a mirror.
- Choose colorful things for your baby's clothes, toys and room.
- Have a bedtime routine to help your baby get to sleep.
- Provide chances to explore safely in the house and outdoors.
- Call your baby by their name.
- Praise your baby's good behavior.

