





6 MONTH BABY CHECKLIST

DEVELOPMENT							
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development			
Roll from their back to their tummy or from their tummy to their back? Or both directions?				<ul style="list-style-type: none"> Give me many chances to play on my tummy while I'm awake, it helps me build strong arm and shoulder muscles and prevents a flat head. Give me the freedom to crawl and explore, but keep me safe. Help me practice sitting and standing while holding onto your fingers. I like to play with my toes and feet. Place toys a short distance away from me and encourage me to reach for them. 			
Push up from their hands when on tummy?							
Sit with support?							
Reach or grasp for small things using thumb and all their fingers?							
NUTRITION							
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development			
Breastfeed or get any breast milk?				<ul style="list-style-type: none"> Breast milk is best for me and protects me from infections. Breastfed babies, and babies who drink less than 1000 mL of formula day, need a vitamin D supplement of 400 IU each day. If I am formula-fed, give me formula until I am 9-12 months old. Don't switch to whole fat milk unless I'm eating iron-rich foods every day. Offer me iron-rich foods such as meat, fish, iron-fortified cereal, eggs or beans at every meal. Offer me mashed solid food 2-3 times a day. I don't need pureed food. If I can't eat mashed foods, talk to a public health nurse I learn to eat by eating with you at the table. 			
Get a vitamin D supplement?							
If formula-fed, get iron-fortified formula?							
Eat iron-rich foods every day?							
Decide how much or how little to eat?							
VISION, SPEECH & HEARING							
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development			
Smile and babble with you?				<ul style="list-style-type: none"> Teach me to copy your actions such as peek-a-boo, pat-a-cake and waving bye-bye. These games show me the idea of taking turns during talking. Talk about what we are doing, what we are seeing and who we are seeing. Sing songs and nursery rhymes to me. Show and talk with me about colourful pictures in my books. Hearing can be tested at any age. Ear infections can sometimes be related to bottle-feeding or smoke exposure. Give me things to touch, hold and explore No TV, DVD, video, computer time or other screen time before 24 months of age. I need to see an eye doctor if I have crossed eyes or a lazy eye. Take me to an eye doctor if I have a family history of these problems 			
Seem to understand some words such as milk, mama, bye-bye, and bath?							
Respond to their name?							
Turn to sound?							
Have healthy ears (no ear infections)?							
Move their eyes together smoothly to look at objects?							
See interesting things and move towards them?							
Have signs of crossed eyes or a lazy eye?							
Have a family history of eye problems such as crossed eyes or lazy eye or early onset vision problems?							


OVER



Does your baby...?	Yes	No	Sometimes	Tips for Healthy Growth and Development
Drink from an open cup?				<ul style="list-style-type: none"> • Please teach me how to use an open cup now. • When my first tooth arrives, brush it with fluoride toothpaste (the size of a grain of rice) because cavities can start as soon as teeth appear. • Don't worry if I don't have teeth yet. Everyone has their own schedule for teething. 
Have teeth brushed 2 times a day?				
Have a small amount of fluoride toothpaste with each brushing?				

BEHAVIOUR				
Does your baby...?	Yes	No	Sometimes	Tips for Healthy Growth and Development
Have any behaviours that you find hard to manage?				<ul style="list-style-type: none"> • I may sleep longer but it is normal for me to wake up at night. • Comfort me when I am unhappy or fussy by rocking me or talking to me in a soft voice. Remember you can't spoil me. Never shake me.

LIFESTYLE				
Does your baby...?	Yes	No	Sometimes	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> • Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> • Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet. • Prevent burning me. E-cigarettes look cool but they burn hot. • Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.

SAFETY				
Is your baby...?	Yes	No	Sometimes	Tips for Healthy Growth and Development
In a safe place if you leave the room?				<ul style="list-style-type: none"> • Look for hazards from my viewpoint by crawling around. • I can choke on things that are less than an inch and a half in diameter (things that are smaller than a toilet roll tube). • Sleeping in my crib is safest for me. • Keep me in a rear-facing car seat for every trip until I am at least 1 year old and weigh 20 pounds (9 kg). The middle seat in the back is safest. 
Put to sleep on their back?				
Placed securely in a rear-facing car seat?				

If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available in your Baby's Best Chance book, or online at www.healthlinkbc.ca/babys-best-chance or Toddler's First Steps on line at www.healthlinkbc.ca/toddlers-first-steps