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[www.eastlouisvillepediatrics.com](http://www.eastlouisvillepediatrics.com)

## **6 – 9 Months**

Your baby is changing rapidly with motor activity being especially noticeable. Sitting alone, reaching, passing toys from one hand to another, and putting everything in his/her mouth are just a few examples. Small objects will become more interesting and babies will work to pick them up. Babies recognize familiar faces especially parents/other family members, pets, and household objects such as bottles etc. Babies are sociable, are beginning to use syllables when babbling, and usually begin using the long awaited DaDa and MaMa! Continue to allow exploration and movement in safe places. Give your baby toys to practice holding (and dropping!). Smile, talk, walk, cuddle, and enjoy playing with your baby.

### **Feeding**

Many babies are taking 3 meals a day of cereal, vegetables, and fruits (baby food or pureed table food). Yogurt, cottage cheese, and egg yolk may be given if there are no allergies. We encourage some breast milk, formula, or water from a cup with meals and three to four bottles or breast feedings per day. This is the time that many babies drop the bedtime bottle. Most babies sleep through the night and we would discourage middle of the night feedings. As an additional reminder, bottle propping is never recommended. It is best not to leave a bottle in bed with your baby or prop it in your baby's mouth to take alone.

Finger feeding will probably begin during this time. Large firm teething biscuits (Zwieback, thick dry bread, or dry bagel) or saltine type crackers are examples. Watch babies carefully as they try finger foods and be sure to have them sitting securely in a high chair to seat.

### **Teething**

Teething rings or firm teething food may help. Cutting teeth may make your baby unhappy. If your baby is especially irritable a dose of Tylenol may be given (See Fever Sheet for dosage). Once a baby has teeth, cleanse them daily by rubbing with a clean wet washcloth, finger toothbrush, or baby toothbrush.



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## **Safety**

Keep floors free of small objects that could be swallowed or aspirated into the lungs. Toys that belong to your older children are great temptations to curious babies. Be especially vigilant!

Watch your baby to prevent pulling over hot cups of coffee, reaching for curling irons, pulling on electrical cords, and reaching or playing near kerosene heaters or wood stoves.

Keep your hot water heater temperature at 120 degrees or below to prevent unnecessarily hot water in your tap.

NEVER leave your baby unattended in the bath or bathroom. If you are alone ignore the phone or doorbell until your baby is safe.

By 6-9 months of age most babies can roll front to back and back to front. NEVER leave your child unattended on something from which they may fall.

It is also important to remember that your baby may start army crawling or crawling on their hands and knees. Keep them away from stairs and dangerous places in your home.

Make sure older siblings clean up after themselves to prevent injury to your baby.

Babies can see even the smallest objects so keep things up and away.

**NEXT CHECKUP: 9 MONTHS OF AGE**