4–6 months

Parenting Tips

• Enjoy your baby’s smile and laughter.
• Help them get strong by doing tummy time.
• Chat with your baby.
• Babies at this age put things in their mouth, even when they are not hungry.

Feeding Advice

• Babies should be drinking breast milk or iron-fortified formula. Some breast milk is better than none. Ask your baby’s doctor if Vitamin D supplementation is needed.
• Your baby is ready for solids when they can sit up without support, reach for things and bring food to their mouth.
• Let your baby lead. When babies are full, they will relax, turn away or spit out what is in their mouth.
• Don’t worry – if your baby is not hungry now, they will be later.
• Babies do not need juice, sweetened water, soft drinks or honey. Breast milk or formula provides all the liquids your baby needs.
• Never prop a bottle.

Parent Self Care Box

• Have quick snacks ready.
• Take naps when your baby naps.
• Plan ahead and know your resources, if you feel overwhelmed.
• Put baby down in safe place and walk away.
• Drink water and eat regularly.

It Is Time to Play!

• Encourage tummy time each day. Place favorite toys just out of reach to help baby stretch and kick.
• Play music and enjoy your baby’s responses. Watch them kick their legs, move their arms or just listen intently.
• Help your baby stand by holding them securely.
• Limit time in swings, car seats or strollers.
• Screen time is not recommended.

Rest is Best

• Build a calming sleep routine with low lights, a warm bath and reading.
• ALWAYS put baby to sleep on his/her back and in an empty, unshared bed.
• Babies at this age can and should sleep 16 to 18 hours each day.

http://ohioaap.org/projects/PMP
Your Baby is Changing

• Your baby can:
  - Sit without support
  - Grasp objects with the palm of the hand
  - Learn to pick up small objects with their fingers
  - Roll in both directions

• Your baby is listening to everything, making new sounds and pitches.

Fun at Mealtime

• Have baby join the family at mealtime.
• Let baby smell and touch the foods you are eating. Keep hot foods away from reaching hands.
• When your baby is sitting up and ready for solids, let baby explore food using all five senses. Squishing, mixing, tasting and touching lets baby learn at mealtime.

Play with a Purpose

Every day plan time for baby to be on their belly. Stay with your baby during belly time.

• Talk – Sing to your baby. Add repeating movements to the song and watch your baby try to imitate you.
• Big muscles (legs, back, arms) – Put interesting toys just out of reach of baby. Offer toys to the side or places that require them to roll to the toy.
• Hands and fingers – Offer toys that are different in texture, size and shape. This helps baby develop all five senses and hand/finger coordination.

Try This!

Let baby “wash” their hands. Play in the sink or put a half inch or less of clean water in a pan or highchair tray. Let them have fun exploring the sound, feel and taste of the water.

Click here for more information about 6-12 months.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

• Physician-endorsed materials for parents to access on-demand
• Resources for parents organized by age
• Text reminders sent monthly and/or for age milestones
• Easy sign-up
• Videos on feeding, play, nutrition and more

What Comes Next?

Your baby will start to eat solid foods around 6 months.