

6 Month-Old Well Child Visit



At 6 months, infants develop a sense of trust and self-efficacy through interactions that involve face-to-face play. They start to distinguish between strangers and familiar faces, and may appear to be afraid of new people. The ability to sit and stand with support should be present. If your infant lies on their back, doesn't smile, vocalize, or show much interest in social interaction, or avoids eye contact, these may be signs of either developmental problems or lack of attention. During this period, an introduction to nutritious solid foods is acceptable.



Does your child...

Social Language and Self-Help

- Pat or smile at his or her reflection?
- Look when you call his or her name?

Verbal Language

- Babble?
- Make sounds like "ga," "ma," or "ba"?

Gross Motor

- Sit briefly without support?
- Roll over from back to stomach?

Fine Motor

- Pass a toy from one hand to another?
- Rake small objects with 4 fingers?
- Bang small objects on surfaces?

Key Topics for Discussion

- Living situation & food security
- Tobacco, alcohol, & drugs
- Parental depression
- Family relationships & support
- Child care

Social
Determinants of
Health



- Parents as teachers
- Communication & early literacy
- Media
- Emerging infant independence
- Putting self to sleep
- Self-calming

Infant Behavior
& Development



- Fluoride
- Oral hygiene/soft toothbrush
- Avoidance of bottle in bed

Oral Health



- Solid foods
- Pesticides in vegetables & fruit
- Fluids & juice
- Breastfeeding guidance
- Formula-feeding guidance

Nutrition &
Feeding



- Car safety seats
- Safe sleep
- Safe home environment (burns, sun exposure, choking, poisoning, drowning, falls)

Safety

