

6 Months Old: What to Expect



Growth & Vitals



Weight & Length

We check weight, length and head circumference and plot on the growth charts.



Growth Curves

We want to follow along the curve – jumping up a few percentiles is also okay!



Diaper Check

Several wet diapers daily and soft stools are a great sign of healthy nutrition.

Nutrition: Starting Solids!



Iron-Rich Foods

It's time to introduce solids! Start with iron-rich foods like oatmeal to support healthy development.



Common Allergens

Now is the time to introduce common allergens like peanut and egg if you haven't already started.



Cup Practice

We can begin to practice drinking from cups – a fun new skill for your little one!



Breastmilk or Formula

Continue breastmilk or formula as the primary source of nutrition alongside solids.



Nutrition Support

Check out our nutrition content or contact our nutritionist if you have further questions or concerns.

Sleep



Longer Stretches

Some babies are sleeping longer stretches at night by 6 months – how exciting!



Bedtime Routine

A consistent routine can include a bath, reading a bedtime story, and dim lighting.



Sleep Consultant

You can always reach out to our sleep consultant for personalized questions and advice.

Physical Exam Highlights



First Tooth

We check if the first tooth has erupted – teething fussiness is very common at this stage!



Sitting & Balance

We evaluate sitting balance and core strength – many babies start sitting briefly with support.



Full Physical Exam

A complete head-to-toe physical exam is conducted at every 6-month well visit.

Developmental Milestones



Babbling

Increased babbling is a wonderful sign of growing language development at this age.



Object Transfer

Babies begin to transfer objects between hands – a key fine motor milestone to look for.



Stranger Anxiety

Stranger anxiety may begin to emerge – a totally normal sign of healthy social development.



Cause & Effect Play

This is a great time to encourage cause-and-effect play to support cognitive development.

Language & Caregiver Interaction



Talk & Play

Caregiver interaction is vital for language development – playing and talking to baby is how they learn!



Development Videos

Dr. Alejandra, our psychologist, has great videos on development you can always check out.



Teething Fussiness

Always consider teething as a cause when baby is acting fussy – it's very common at 6 months.

Vaccines: Third Round!

📖 At the 6-month visit, your baby receives their third round of vaccines. Ask me anything and everything — you can also check out our video on vaccines!



DTaP

Protects against diphtheria, tetanus, and pertussis (whooping cough).



IPV

Inactivated poliovirus vaccine — protection against polio.



Hib

Haemophilus influenzae type b — protects against serious bacterial infections.



PCV

Pneumococcal conjugate vaccine — protects against pneumococcal disease.



Rotavirus

Oral vaccine that protects against rotavirus — a common cause of severe diarrhea in infants.