Dental

Healthy baby teeth are important.

- Put baby to bed without a bottle.
- Do not lick to "clean" pacifier. Do not dip in honey or anything sweet. Honey can make baby very sick.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Sharing toothbrushes, spoons, or cups can spread cavity germs.
- Wipe baby's gums and teeth gently with a wet cloth or toothbrush with a dab of fluoride toothpaste twice a day. Wipe off excess toothpaste.
- For teething pain rub gums gently or give a cold, clean teething ring.
- Ask doctor or dentist about fluoride varnish and drops for baby.

Hold baby while feeding. Propping bottle or leaving breast milk in the mouth can cause cavities.

Parents: Stop the spread of cavity germs - take care of your own teeth:

✓ Brush in the morning and brush and floss before bedtime.
✓ Make a dental appointment for yourself.
✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

Nutrition

Keep feeding baby breast milk or formula with iron to age 1.

- Baby nurses longer as baby grows.
- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.

ONLY breast milk, formula or water in bottle. (**No** juice or soda)
Do not prop the bottle.

Starting solid foods

Baby is ready when they:

- Sit up and hold head
- Open mouth for food
- Close lips over spoon
- Show interest in your food

Feeding tips

- Give one new food at a time every 2-7 days.
- Give iron rich foods: baby cereal and pureed meats.
- Feed 2-3 times a day in 10-15 minute meals.
- Baby is full when baby spits food, looks away, or eats slower.
- Look for a bad reaction (skin rash, diarrhea, or breathing problems) with new foods.
- Do not give cow's milk, nuts, eggs, fish, and wheat until one year old due to bad reactions.

Growing Up Healthy

5-6 months

Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

CaMH California Office of Multicultural Health

Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 06/2010

Health

Keeping Baby Healthy

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby medicines or home remedies.
- Keep baby's hair, body, clothes, and bedding clean and dry.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- Keep baby away from crowds and sick people.
- Wash your hands with soap and water after changing diapers.

Injury Prevention

- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never pick up baby by arms, shake, toss, or swing in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Keep baby away from crowds and sick people.
- Do not use an infant walker or hanging jumper, which can cause injuries.

5-6 months

What to Expect

All babies are different.

Do not expect baby to act or grow exactly like other babies the same age.

Baby may:

- Reach for objects
- Put things in mouth
- Roll over
- Feel and shake objects
- Squeal, laugh, smile
- Sit up with support.

Tips and Activities

- Babies learn more quickly when you spend time with them.
- Take time to play, talk, sing and read to baby.
- Put baby in a safe area on floor to play.
- Let baby crawl to build strong legs and arms.
- Give baby bright colored toys that make soft noises when moved or squeezed. Check toys for loose parts that baby may swallow or choke on.
- Give baby attention and love
- Protect baby from sun with hat and shade covering. No sunscreen until 6 months.

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Keep crib away from windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F.
- Check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never in front of an airbag.

Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn infant CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

Resources for Parents:

If you feel overwhelmed, sad or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)