

Craig Ranch Pediatrics

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Six to Eight Months Old Baby

What Your Baby Can Do at This Age

❖ May sit alone. Turns and twists in all directions and turns head freely. Enjoys rolling from stomach to back, and back again. May start scooting with her tummy still on the floor. By the eighth month, she may start crawling and pulling herself to standing.



◆ Transfers an object from hand to hand easily but does not know how to let go deliberately. Shakes things to see if they make noise. By eight months your baby starts picking up small objects between her thumb and forefinger and may put it in her mouth.

◆ Drops things from her highchair, playpen, or crib and wants them retrieved right away.

◆ Studies your face intently, touches it, pulls your hair. By nine months she may develop stranger anxiety.

Important Changes

❖ Eating takes on new appeal as your baby starts feeding herself by hand. She may be more interested in playing with food than eating it.

❖ Your baby's intelligence is increasing rapidly. She can now plan actions to get what she wants. For example, she may try harder to scoot because she wants to visit the fish tank in the living room.

❖ Speech skills are developing. Even though your baby cannot talk yet, she recognizes important words such as "Mommy," "Daddy," "bottle," "car," and so on.

❖ Your baby has a broader range of feelings and can express them with noises, facial expressions, and body language. She shows pleasure, excitement, love, impatience, fear, distrust, and many other feelings.

❖ Your baby is becoming more curious and adventurous, but this is balanced by fear. She will leave you to explore but come back often to touch base.

❖ Your baby is starting to use her fingers rather than her whole hand to investigate objects.

❖ This is a good time to introduce a cup for drinking.

Safety

"This is the house that Jack built..."

If Jack were building a safe house for his baby, he would look at every room and every corner through his baby's eyes. It is amazing how babies can get into everything. There are so many

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little things that you may not have noticed or thought about, and they are exactly what your baby wants to touch, taste, and explore. So, you want to be sure that you have done everything you can to make your baby's environment safe and sound.

“Merrily we roll along, roll along...”

The safer you make your baby's car trips, the happier you both will be. As much as your baby might like the breeze, an open window is an open invitation to trouble. Keep windows near your baby closed. All infants and toddlers should ride in a Rear-Facing Car Safety Seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. For more information on car seat safety visit: <http://www.aap.org/healthtopics/carseatsafety.com>



“Humpty Dumpty sat on the wall. Humpty Dumpty had a great fall...”

- Avoid baby walkers. Most walker injuries happen while adults are watching. Parents or caregivers simply cannot respond quickly enough. A child in a walker can move more than 3 feet in 1 second! That is why walkers are never safe to use, even with an adult close by.
- Never leave your baby alone on the changing table. Buckle the safety strap every time you change a diaper.

Rock a bye baby, cradle and all...”

- Hanging crib toys (mobiles, crib gyms) should be out of the baby's reach. Any hanging crib toy must be removed when your baby first begins to push up on his or her hands and knees or when the baby is 5 months old, whichever occurs first. These toys can strangle a baby.
- The crib mattress should be lowered before the baby can sit unassisted. The mattress should be at its lowest point before the baby can stand.
- Children should be taken out of a crib by the time they are 35 inches tall.
- Never place a crib near cords from a hanging **window blind** or drapery. Children can get caught in the cords and strangle.
- Be sure to inspect every crib your child uses for safety—those at the grandparent's home, the babysitter's home, or the child care center.
- Hammocks and other swinging devices should not be installed onto a crib because the baby may be strangled.

“Peas porridge hot, peas porridge cold...”

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- Even a bowl of hot soup may seem like a toy to your baby. Be aware of hot ovens, fireplace screens, curling irons, and wood stoves. Do not heat your baby's formula in a microwave oven, as it may result in serious burns to your baby, and it may cause the bottle or bag to explode. Always dress your baby in flame-resistant clothing.
- Babies are curious about containers. Use childproof caps and containers so your baby cannot get the cap off and taste or spill the contents.
- Babies cannot distinguish substances that may be harmful, so pesticides, medicines, liquid cleaners, soaps, and other products should always be kept in locked cabinets or out of your baby's reach.
- If you think your child has swallowed a poisonous substance, call the Poison Control Center immediately, at 1-800-222-1222

“Old Mother Hubbard went to the cupboard...”

- And she found a childproof cabinet lock, of course. Babies can get into anything, even if your back is turned for a second. Keep cabinets, cupboards, closets, and drawers secured with safety latches. Poisonous or harmful items, like some household plants or paints, should be placed out of your baby's reach.
- Your baby will be tempted to poke small objects in the holes of a wall socket. Use outlet covers to ensure your baby's safer exploration.
- Use cord shorteners and avoid baby's tendency to chew on electrical cords or pull down on them.
- Think about the potential hazard of anything you put into the trash.
- Test the stability of large pieces of furniture, such as floor lamps, bookshelves, and television stands.

“Rub a dub dub, three men in a tub...”

- The simplest way to avoid bathroom injuries is to make this room inaccessible unless your child is accompanied by an adult.
- An inch of water is an ocean to a baby. Bath time is a special time for baby to play. Make sure that time is a safe time. Always stay with your baby and share every minute of fun. As your baby gets older, she will love to play in the bathtub with toys. Keep the water level three inches or lower so your baby can splash around and play. When bathing your baby, hold her with one arm and wash with the other. Always keep the soap and towels within reach so you need not let go of your baby.
- Babies enjoy baths so much that a bucket of water, the toilet, or wading pool looks good to her. Be extra careful to keep your baby away from them.

Choking and Suffocation Prevention Tips

- Monitoring the food your baby eats to avoid choking is a never-ending job. Foods to avoid include whole grapes, hot dog chunks, nuts, and raw carrots.

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- Small household items can get stuck in your baby's throat. Keep marbles, "button" batteries, paper clips, coins, and other small household objects out of your baby's reach.
- Plastic bags can seem like a source of fun to your baby. They are really a source of danger. Throw them away immediately, or keep them far from your baby.
- Although your baby seems to always lose her pacifier, never tie it around her neck. It can get caught on something and strangle her.

Immunizations

Your baby will get **DTaP, Prevnar, Polio, Rotavirus and Hemophilus influenza B** vaccines today. The most common side effects are pain at the site and fever. You can give her Infant Tylenol every 4-6 hours or Infant Motrin every 6-8 hours.

If your baby has fever or more than 100.4-101, cries for more than 3 hours, or develops a seizure or any other unusual reaction, call our office immediately.

