

WELL-CHILD DIARY

SIX-MONTH CHECKLIST

You now have a six-month old! Now full of personality and movements, your baby is changing every day and Humana Military is here to help make sure you don't miss a thing! Things to keep in mind during your six-month well-child visit:

ASK YOUR DOCTOR:

QUESTIONS

How should I introduce new foods and what kinds should I try?

What if he spits the food out?

How much breast milk or formula versus solid foods should I be feeding my baby?

How can I make sure he's getting the nutrients he needs?

How will I know about food allergies?

What vaccinations can I expect my baby to receive?



ABOUT MILESTONES

Knows familiar faces

Likes to play with others, especially parents

Likes to look at self in a mirror

Responds to sounds by making sounds

Strings vowels together when babbling

Tries to get things that are out of reach

Begins to pass things between hands

Rolls over in both directions

Begins to sit without support

When standing, supports weight on legs and might bounce

NOTES
