

Healthy Eyes, Ears, and Teeth – Milestones

6 Month Milestones



From birth to six months, babies grow and change quickly. It's important to be aware of how your baby's eyes, ears, teeth, and other senses are developing. The earlier you catch a health issue, the easier it is to treat.



What can I expect from my baby by 6 months?

Baby can. . .

Parents can. . .

Eyes

- See 8-10 inches away at birth
- Focus on faces at 8 weeks
- Follow moving objects with their eyes at 3 months
- Start to coordinate movement

- Alternate feeding on left and right to strengthen both eyes
- Give baby black-and-white toys
- Smile, laugh, and sing close to baby's face

Ears

- Receive newborn hearing screen
- Recognize parents' voices
- React to loud sounds and changes in tone

- Follow-up on screening if needed
- Coo, sing, and speak to baby
- Give baby toys that make sounds, like rattles and crinkles

Teeth

- Begin teething around 4-6 months
- Refuse to eat, resist sleep, or drool while teething
- Run a low fever due to teething

- Give baby safe objects to chew on, like teething rings
- Use a clean finger to gently rub your baby's gums

What are some other other health concerns?

- **Nutrition** - Breastmilk or formula will provide all of the nutrition needed during a child's first six months of life. If you are having difficulty breastfeeding, speak to your doctor or a local support group. If you do not have enough formula, reach out to a diaper drive or food bank.
- **Lead exposure** - If you live in an older building, ask your doctor to do a blood lead level screening. If your child's levels are high, talk to your doctor, and consider using filtered or bottled water only for feedings.



When should I take my child to the doctor?

Many parents feel anxious about their child's health. While most health issues are not life-threatening, call your doctor IMMEDIATELY for any of the following symptoms:

- Fever higher than 100.4°F at 2 months old
- Fever higher than 101°F at older than 2 months
- Using belly to breathe

