

# 6 Month Visit



## NUTRITION

- If you have not already done so, start giving your baby solid foods. Some general guidelines: We recommend introducing cereal first ( rice, oatmeal and barley). Next, add pureed fruits, veggies, and meats. Give each new food for 2-3 days before adding another new one. **Variety is key- lots of different fruits, veggies, and cereals help to avoid any of the natural metals and other elements founds in soil and foods.**
- **Soft pieces of finger food can also be introduced, including regular servings of eggs, peanut products, soy, wheat, sesame, fish and shellfish.** Do not give cow's milk or honey.
- Avoid foods that are choking hazards. Your baby does not need juice. Most infants drink 24-32oz formula/day or breastfeed 4-5 times/day. Continue Vit D supplementation for breastfed babies or formula intake < 32oz.
- Additional information is available on our website on our **"Helpful Feeding Hints"** article under Ages and Stages/infancy.

## WATER USE

Healthy babies do not need water daily, however it is acceptable to offer it with solids or in the hot weather. Offer no more than 4-8 oz daily and use fluorinated city water. This can be an opportunity to introduce a sippy cup as well.

## SAFETY

- Start preparing for your baby to crawl. Move chemicals, cleaners and medications to high cabinets. Block off dangerous rooms and stairs with gates. Cover electrical outlets. Lower the crib mattress. Do not use walkers that move. .
- It is advised to use sunscreen with SPF >= 30.
- Insect repellants containing 10-24% DEET are safe and most effective. Do not use combination products with DEET and sunscreen because the sunscreen needs more frequent application.
- The car seat should still be rear facing, preferably in the center of the rear seat.
- Make sure your baby's toys do not have sharp edges and cannot be broken.
- The water heater should be set below 120 F to prevent accidental burns.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

## IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness at the site. You may give your baby acetaminophen as needed for fever or fussiness over the next 24- 48 hours. It is safe to give ibuprofen at this age. Our website has a dosing calculator for the correct doses on the home page. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

DTaP-Hib-Polio    Pneumococcal    Rotavirus (oral)    Influenza/flu

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## MEASUREMENTS:

Weight: \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

Head circ.: \_\_\_\_\_ cm ( \_\_\_\_\_ %)

## SLEEP

It is not too late to start a bedtime routine if you have not yet done so. Most babies should be able to sleep through the night without feeding in the middle of the night.

## DEVELOPMENT

At this age you may notice your baby:

- Starts babbling at others
- Copies sounds
- Feels nervous with strangers
- Rolls over
- Sits with support by leaning forward on hands
- Reaches for, grabs and moves objects from hand to hand
- Tries to pick up objects using a raking motion of the hand

## PROMOTING DEVELOPMENT

- Start playing games such as peekaboo and patty-cake.
- Copy noises your baby makes and let them respond.
- Allow time on floor to learn to scoot and crawl
- Keep reading to your baby daily.
- Do not let your baby watch TV.

## FOCUS ON FAMILY

- Siblings are often a 6 month olds' greatest entertainment. Encourage playing and bonding between your baby and their older siblings.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

**Next visit at 9 months**