

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. Next, introduce Stage I vegetables and fruits. After you have tried all of the Stage I foods, you may introduce Stage II foods. All of these foods are to be fed with a baby spoon. Additional information is available on our **“Helpful Feeding Hints”** article on our website.

Please continue giving each new food for about 3-5 days before trying another food. That way, if there is an adverse reaction to any food, it can be identified and withdrawn. Do not give cow’s milk or honey.

Here is a great schedule to eventually work up to:

Breakfast	Lunch	Dinner
Cereal & stage 2 fruit	Stage 2 fruit/vegetable	Stage 2 meat/vegetable

As you transition through stage one, two, and three foods and then to table foods over the next two to three months, avoid foods that are choking hazards. Your baby does not need juice. Most infants drink 24-32oz formula per day or breastfeed 4-5 times/day. Supplement breastfed babies with Vitamin D as well as formula fed babies that do not drink 32 oz.

Water use

Your baby needs to drink water that has been fortified with fluoride for healthy teeth development. Tap water (not from a well) and nursery/baby water has fluoride. Your baby should drink about 4 oz. /day. If your child is bottle feeding and you are mixing the formula with a fluoride source of water, you do not need to add additional water.

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 TIPP Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources.**

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