

# 6 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ ( \_\_\_\_\_ %ile)



## Your Growing Baby

- All babies develop at their own rate. At this age, you may notice that your baby:
  - Blows bubbles
  - Starts babbling at others
  - Copies sounds
  - Smiles and babbles at his own image
  - Rolls over
  - Sits with support by leaning forward on hands
    - Rocks back and forth on hands and knees to prepare for crawling
    - Reaches for, grabs, and moves objects from hand to hand
    - Tries to pick up objects using a raking movement of the hand
    - Keep your baby in a high chair or upright seat while awake. This allows your baby to look around and “talk” with you and his brothers and sisters.
    - Start playing games such as peek-a-boo and patty-cake.
    - Start a bedtime routine if you have not yet done so. Nighttime feeding is still normal at this age, but usually it does not happen more than 1-2 times per night.
    - The first teeth to appear are usually the lower central incisors. Chew toys, a damp washcloth, teething biscuits, and Tylenol/Motrin may help make baby more comfortable. To keep teeth and gums healthy, wipe them with a washcloth or soft toothbrush daily.
    - Most babies will have doubled their birth weight by this age. Your baby's growth will now start to slow down.

## Immunizations

- DTaP (Diphtheria, tetanus, and pertussis)
- HiB (Haemophilus influenzae)
- Polio
- Pevnar (Strep pneumoniae)
- Rotavirus
- Hepatitis B (if needed)

## Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

Contact your doctor if symptoms are severe or last longer than 48 hours.

## NEXT VISIT

Nine months of age

## POISON CONTROL

1-800-222-1222

## CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)

## TYLENOL DOSE (ACETAMINOPHEN) INFANTS & CHILDRENS

12-17 lbs 2.5mL

18-23 lbs 3.75mL

## MOTRIN/ADVIL DOSE (IBUPROFEN)

Infants (50mg/1.25mL)

17-21 lbs 1.88mL

22-27 lbs 2.5mL

Childrens (100mg/5ml)

17-21 lbs 3.75mL

22-27 lbs 5mL

## FOCUS ON FAMILY

- Consider joining or forming a regular play group. It is good for you and your baby to be with other people
- 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
- Postpartum depression can happen anytime during the first year. If moms feel sad, anxious, or depressed, they should seek help and talk with their doctor

## Feeding Your Baby

Start giving your baby solid foods, if you have not done so already. Signs that your baby is ready for solids include good head control, interest in watching others eat, opening his mouth as food nears, and not sticking his tongue out as often when you offer a spoon.

- Feed your baby in a bouncy seat or high chair
- Do not force-feed your baby. Allow him to decide how much to eat
- Start with a bland food such as iron-fortified infant cereal mixed with breast milk or formula
- After a few days of cereal, you can try pureed vegetables and fruits
- Your baby may need to try a new food 15 times before accepting it
- Slowly increase the number of solid food meals to 2-3 a day by 9-12 months old
- Do not give your baby cow's milk or honey before 12 months of age. All other foods are okay as long as they are soft and do not present a choking hazard
- Introducing a varied diet including age-appropriate nut products and fish may be beneficial in babies without known allergies (or strong family history of food allergies)
- You may introduce a sippy cup with water, but no more than 2-3oz per day
- Your baby does not need juice



## Safety

- Start preparing for your baby to crawl. Move all chemicals, cleaners, and medications to high cabinets that your baby can't reach. Put locks on lower cabinets.
- Use gates to block off stairs and dangerous rooms.
- Cover electrical outlets and remove dangling or visible electrical cords.
- When outdoors, put a hat on your baby and apply sunscreen with at least SPF 30
- Before your baby begins to stand, lower the crib mattress to the lowest position
- Keep your car and home smoke-free
- Never leave your baby alone in a car or bath or on high surfaces. Always keep one hand on your baby when he is on a high surface
- Make sure that your baby's toys do not have sharp edges or small pieces that could break off. The toys should be at least 1.5 inches wide - your baby could choke on them if they are smaller
- Never tie a pacifier or put jewelry around your baby's neck
- Do not cook or drink hot liquids while holding your baby
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [ndvh.org](http://ndvh.org)

## ADDITIONAL RESOURCES

- American Academy of Pediatrics, [aap.org](http://aap.org)
- Immunization Information
  - [immunize.org](http://immunize.org)
  - [cdc.gov/vaccines](http://cdc.gov/vaccines)
  - [vaccine.chop.edu](http://vaccine.chop.edu)