

6 Month Visit

Name_____ Today's Date_____

Weight_____ Length_____ Head Circumference_____

%_____ %_____ %_____

FEEDING:

- Whether breast or formula feeding, your infant will likely feed 4-5 times per day.
- If your baby is primarily breast-fed (less than 16oz. of formula daily) continue to give a vitamin D supplement (e.g. Poly-Vi-Sol or Tri-Vi-Sol).
- If you have not started your infant on solid foods yet, this is often a good age to start. Discuss this further with your pediatrician and refer to our "Introducing Solid Foods" handout.

ELIMINATION:

- There is a wide variety of normal stooling patterns, ranging from several times a day to every few days. Daily bowel movements are not necessary.
- With the introduction of solid foods, the stools will become more solid, variable in color and have a stronger or different odor.

- Changing diapers may be more of a challenge now as your infant may resist being held down. Try distracting him/her with a toy or mobile.

SLEEP:

- Put your baby to bed awake to help your baby learn to fall asleep on his/her own.
- Most babies at this age will sleep through the night and nap 2 times a day.
- If your baby is still waking in the night, resist feeding or playing with him/her. Discuss strategies for sleep training with your pediatrician.

DEVELOPMENTAL MILESTONES:

- Holds head steady when pulled up to sit, rolls over, sits with support.
- Tries to pick up small objects with a raking movement. Transfers objects from one hand to the other.
- Communicates with babbling (such as ba/da/ma). Initiates "conversations".

BEHAVIOR:

- Initiates social contact. Recognizes and may show preference to primary caregivers. May show displeasure when a caregiver walks away or a toy is taken away.
- May start to show signs of "stranger anxiety" and cry when held by unfamiliar people.

SAFETY:

- Always use a rear-facing car-seat that is installed correctly in the back seat of the car.
- Never leave your baby unattended on a high surface or in the bath, not even for a moment, as babies move quickly at this age.
- Set the hot water heater temperature to a maximum of 120 degrees to prevent scald burns.
- Make sure you have a working smoke detector and carbon monoxide detector.
- Do not use an infant walker as they have been linked to serious injuries and slower development of walking skills.
- If outdoors, apply sunscreen frequently with a minimum of SPF 30.
- Your baby will become much more mobile in the next few months, so prepare by childproofing your home now: lock cabinets which contain cleaning products and medications, cover electrical outlets, place gates at stairways/steps, remove any cords or small objects from your infant's reach (e.g., buttons, pins, coins, etc.).

INFECTIONS:

- Expect about 6 upper respiratory infections or "colds" a year. These are caused by viruses and most will not need antibiotics. Unnecessary antibiotics may be harmful to your baby and the community.

DOSING:

Acetaminophen (160mg/5mL):

- 12-17 pounds = 2.5mL
- 18-23 pounds = 3.75mL

Ibuprofen Infant Drops (50mg/1.25mL):

- 12-17 pounds = 1.25mL (2/3 syringe)
- 18-23 pounds = 1.875mL (1 syringe)

TODAY'S IMMUNIZATIONS:

DTaP Prevnar HiB IPV Hep B

Rota Influenza (if it is flu season)

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever anytime within a couple days after the shots which can be alleviated with Acetaminophen.)

WHAT'S NEXT?

- Next check-up is at 9 months where your baby will receive an exam, blood tests to check for anemia and lead levels, any vaccinations he/she may be behind in, Hepatitis B vaccine and the influenza vaccine if it is fall/winter season (which will need a booster in 1 month).
- Schedule your baby for a vision screening.