

# Child's Well Visit, 6 Months: Care Instructions



## Your Care Instructions

Your baby's bond with you and other caregivers will be very strong by now. Your baby may be shy around strangers and may hold on to familiar people. It's normal for babies to feel safer to crawl and explore with people they know.

At six months, your baby may use their voice to make new sounds or playful screams. Your baby may sit with support, and may begin to eat without help. Your baby may start to scoot or crawl when lying on their tummy.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

## How can you care for your child at home?

### Feeding

- Keep breastfeeding for at least 12 months.
- If you do not breastfeed, give your baby a formula with iron.
- Use a spoon to feed your baby 2 or 3 meals a day.
- When you offer a new food to your baby, wait 3 to 5 days in between each new food. Watch for a rash, diarrhea, breathing problems, or gas. These may be signs of a food allergy.
- Let your baby decide how much to eat.
- Do not give your baby honey in the first year of life. Honey can make your baby sick.
- Offer water when your child is thirsty. Juice does not have the valuable fiber that

whole fruit has. Do not give your baby soda pop, juice, fast food, or sweets.

## Safety

- Make sure babies sleep on their backs, not on their sides or tummies. This reduces the risk of SIDS. Use a firm, flat mattress. Do not put pillows in the crib. Do not use sleep positioners or crib bumpers.
- Use a car seat for every ride. Install it properly in the back seat facing backward. If you have questions about car seats, call the National Highway Traffic Safety Administration at 1-888-327-4236.
- Tell your doctor if your child spends a lot of time in a house built before 1978. The paint may have lead in it, which can be harmful.
- Keep the number for Poison Control (1-800-222-1222) in or near your phone.
- Do not use walkers, which can easily tip over and lead to serious injury.
- Avoid burns. Turn water temperature down, and always check it before baths. Do not drink or hold hot liquids near your baby.

## Immunizations

- Most babies get a dose of important vaccines at their 6-month checkup. Make sure that your baby gets the recommended childhood vaccines for illnesses, such as flu, whooping cough, and diphtheria. These vaccines will help keep your baby healthy and prevent the spread of disease. Your baby needs all doses to be protected.

## When should you call for help?

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

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