

## 6 MONTHS

### HEALTH ISSUES

Breastfeed or use an iron fortified formula.

Supervise all feedings. Do not put bottle in bed with baby or prop the bottle in baby's mouth.

Introduce a sipping cup for water or juice (less than 6 oz. per day).

Do not give baby honey.

Introduce solid foods if you have not yet

Do NOT put cereal in bottle, rather spoon-feed baby.

Know how to use a thermometer to take a rectal temperature.

Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).

Avoid direct sun exposure. If necessary, use a sunblock - SPF 50.

Use a vitamin supplement recommended by your pediatrician if you are exclusively breastfeeding.

### SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. Here are some general guidelines:

Place seat in the back seat, rear facing (until at least 24 months of age, regardless of weight).

Place baby on his or her BACK for sleeping.

Always keep a hand on your baby when lying on a changing table, bed, or sofa.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).

Obtain your local Poison Control Center's phone number and keep it on hand

Do not use baby walkers. They are associated with serious injuries. The only acceptable substitute is a non-moving play station that baby can sit in.

Do not keep 5 gallon buckets in your home (to prevent drowning).

Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, and small toy pieces).

### YOUR BABY SHOULD...

Possibly be saying "dada" or "mama"; babble back to you.

Roll over; have good head control when pulled to sit; sit with assistance; bear weight.

Transfer objects from one hand to another; often, putting objects in mouth.

Laugh, squeal, and turn to noises.

Get his or her first tooth within next 6 months (if not already).

Have bowel movements at least once every 3 days if formula fed, once every week if breast-fed.

### YOU SHOULD...

Hold, cuddle, and rock baby.

Talk and sing regularly to baby.

Continue to read books to baby.

Play pat-a-cake and peekaboo with baby.

Use distraction as a discipline tool.

Limit the number of rules, but be consistent with them.

Have a bedtime routine and put baby to bed awake.

Offer comfort objects (stuffed animals, blanket).

Spend time alone with your partner - one of the best things you can do for your baby is to maintain a quality relationship with your partner.

### IMUNIZATIONS RECEIVED TODAY...

DTaP; IPV; Hib, Hep B; PCV 13; Rotateq

Side effects may include thigh pain and fever for which you can give instructed amount of Acetaminophen (Tylenol®) every 4 hours OR Ibuprofen (Motrin ®/Advil ®) every 6 hours as needed for fever or pain.

CALL IF...

Fever greater than 102 F; Lethargy, Ill appearing, or any concerns.

NEXT WELL VISIT IN 3 MONTHS (WHEN CHILD IS 9 MONTHS)