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6 Month Visit

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Immunizations Today: DTaP, IPV, HIB, Hep B, PCV7

Your baby may run a fever, be irritable, and/or be a little more sleepy for a day or two after getting shots. Your baby may also have some soreness, redness and swelling where the shots were given. Use Tylenol for symptoms. Severe reactions include generalized rash, seizures, nonstop crying for more than three hours and a fever of more than 104°F. Call us (or 911 if an emergency) if a severe reaction occurs or if you are concerned for your child.

Tylenol Dose

Give your baby _____ ml of acetaminophen (Tylenol) infant drops every 4-6 hours if needed for fever or pain.

Development

Remember, spend time with your baby & promote a structured environment. If you are ever concerned about your child's development, please ask us.

1. Your baby should be able to roll over and sit without any support, maybe even crawl.
2. Laughs, squeals, & babbling will be a part of your baby's vocabulary.

Nutrition

If you haven't started your baby on solids, you may start now. Foods to avoid are egg whites, peanut butter, raw honey and shell fish. These foods are more frequently

associated with allergies than other foods. They are better tolerated after your child is 12 months old.

1. When you start solids, start with rice cereal mixed with an equal amount of breast milk or formula. Do not stop formula/milk. Cereal is an addition to a baby's usual milk intake.
2. After 1-2 weeks of cereal, begin with stage 1 baby foods. Usually do vegetables prior to fruits.
3. Remember to only introduce one new baby food each week, in case your baby has an allergy. No adult/table food until 9 months.

Safety

Mobile children are at increased risk for injuries. Prevention is key.

1. Swimming pool related accidents are common year round in Tucson.
 - Both parents and care givers should take CPR every 2 years.
 - Pool gates must be used and locked.
2. Your child should always travel in an approved car seat.
3. Beware of dangling electrical cords & electric outlets.
4. Watch out for hot foods and liquids. Infants commonly reach out for cups, plates and cooking utensils. Never carry your baby while holding a hot beverage.
5. Install stair gates if you have stairs in the house. Check drawers, tall furniture and lamps to make sure they can't fall over easily.
6. Keep all medicines, vitamins, chemicals, etc. locked away or disposed of safely. Keep the poison center number handy: 1-800-362-0101.
7. The Arizona sun can be intense. If your baby will be getting sun, consider using a hat or bonnet & sun block with SPF of 30 or greater.

Sleep

Many infants age 6-9 months start waking up at night. It is ok to check on your baby to ensure their safety, but be cautious about picking him/her up or giving your baby a bottle. These will tend to make the problem worse over time.

Bedtime routines are an important element of good sleep. Routines can include baths, singing a lullaby, reading a book, saying a prayer, etc. Be consistent.

Teething

20 teeth in 20 months, OUCH! About every symptom imaginable has been blamed on teething. Serious symptoms are not caused by teething. Techniques to help reduce your child's discomfort include: teething rings, pacifiers, Tylenol, teething gels & tablets.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: 9 Months

ENJOY YOUR BABY!