



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Well Child Care at 6 Months

Feeding

Your baby should continue to have breast milk or infant formula until he is 1 year old. Your baby may soon be ready for a cup although it will be messy at first. Try giving a cup sometimes to see if your baby likes it. Don't put your baby to bed with a bottle. Your baby will see the bottle as a security object and this will make it hard to wean your child from the bottle. Leaving a bottle with your baby, especially at night, will lead to tooth decay and may cause ear infections. Babies are now ready to start cereal. A baby is ready for cereal when he is able to hold his head up enough to eat from a spoon. Use a spoon to feed your baby cereal, not a bottle or an infant feeder. Having your baby sit up while eating helps implement good eating habits. When you start cereal, start with rice cereal mixed with breast milk or formula. You may want to start with a thin mix of cereal and then thicken it gradually. Pureed fruits, vegetables, and meats can also be started between 4 and 6 months. Start a new food no more often than every 5 days to make sure your baby is not allergic to the new food. Signs of a food allergy include vomiting, bloody diarrhea, or full body rash. **Do not give foods that require chewing. Don't start eggs, chocolate, fish, honey, nuts, raspberries, shellfish, strawberries, or whole milk until directed by your provider.** Give the baby formula, or breast-feed your baby before giving baby food at meals. We recommend 1ml daily of Poly-vi-sol with Iron for all breast-fed babies.

Development

At this age babies are usually rolling over and beginning to sit by themselves. Babies squeal, babble, laugh, and often cry very loudly. They may be afraid of people they do not know. Meet your baby's needs quickly and be patient with your baby. If you feel overwhelmed, ask people you trust for help, or talk with your healthcare provider. **Sleep:** 6-month-olds may not want to be put in bed. Do not put a bottle in the bed with your baby. Develop a bedtime routine like playing a game, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night. Be calm and consistent with your baby at bedtime. If your baby is not sleeping through the night, ask your doctor for further information about preventing sleep problems.

Reading and Electronic Media

Books help parent and child grow closer. One way to help your child learn to love reading is to show that you enjoy reading. Pick books with bright colors and large simple pictures. Reading the same books over and over will help your baby to recognize and name familiar objects. Do not prop a baby in front of a television.

Teething

Teeth come in almost constantly from 6 months to 2 years of age. While getting teeth, your baby may drool and chew a lot. It may help to massage your baby's swollen gums with your finger for 2 minutes. A teething ring may be useful.

Safety Tips

Choking and Suffocation

- Cords, ropes, or strings around the baby's neck can choke him. Keep cords away from the crib.
- Keep all small, hard objects out of reach.
- Use only unbreakable toys without sharp edges or small parts that can come loose.
- Avoid foods on which a child might choke (such as candy, hot dogs, peanuts, popcorn).

Fires and Burns

- Check your smoke detector to make sure it is working.
- Keep a fire extinguisher in or near the kitchen.
- Check food temperatures carefully, especially if foods have been heated in a microwave oven.
- Keep hot foods and liquids out of reach.
- Put plastic covers on unused electrical outlets.
- Throw away cracked or frayed old electrical cords.
- Turn the water heater down to 120°F (50°C).

Falls

- Keep crib and playpen sides up.
- Do not use walkers.
- Install safety gates to guard stairways.
- Lock doors to dangerous areas like the basement or garage.
- Check drawers, tall furniture, and lamps to make sure they can't fall over easily.

Poisoning

- Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Dispose of them safely.
- Put safety latches on cabinets.
- Keep the poison center number on all phones. **1-800-222-1222**

Sun Protection

- Always apply Sunscreen with an SPF greater than 15 when your child is outside. Reapply every 2 hours.
- Have your child wear a hat.
- Avoid prolonged time in the sun between 11:00am and 3:00pm.
- Wear Sun protection clothing for summer.

Pets

- You must keep a close eye on both child and pet when they are interacting with each other.
- Watch for signs of either your child or pet is becoming anxious or overwhelmed.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Ask your healthcare provider for help in quitting. If you cannot quit, do NOT smoke in the house or near children.

Normal Development: 6 Months Old

Here's what you might see your baby doing between 6 and 9 months of age.

Daily Activities

- Adores playing with rattles and squeaky toys.
- Sleeps through the night.
- Usually starts teething.
- May prefer some foods to others.
- Likes to play with food.
- Loves games like peek-a-boo and pat-a-cake.

Language Development

- Babbles and squeals using single syllables.
- Loves to jabber.
- May recognize own name.

Emotional Development

- May show sharp mood changes.
- Displays especially strong attachment to mother.
- Develops deeper attachment to father, siblings, and other familiar people.
- Distinguishes children from adults.
- Smiles at other children.
- May show fear of strangers.
- Continues to like seeing himself in a mirror.

Motor Skills

- Rests on elbows.
- Begins to sit alone.
- Sits in high chair.

- Moves from sitting to up-on-all-fours.
- Bounces when held in standing position.
- Reaches with one hand.
- Bats and grasps dangling objects.
- Holds objects between thumb and forefinger.
- Passes objects from one hand to another.

Each child is unique. It is difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide range of growth and behavior for each age is normal. These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider

Immunizations

At the 6-month visit, your baby should be receiving vaccinations. Vaccines can be combined to reduce the total number of shots for your baby. Your baby may run a fever and be irritable for about 1 day after the shots. Your baby may also have some soreness, redness, and swelling where the shots were given. You may give acetaminophen or ibuprofen in the appropriate dose to prevent the fever and irritability. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. Call your child's healthcare provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

Next Visit

Your baby's next routine visit should be at the age of 9 months. At that time your child will get the next set of immunizations.

Solid (Strained) Foods

When should I start feeding my child solid foods (baby foods)?

The best time to begin using a spoon to feed your child is when your baby can sit with some support and move his head to participate in the feeding process. This time is usually starting at 6 months of age. Breast milk and commercial formulas meet all of your baby's nutritional needs until 6 months of age. Introducing strained foods earlier just makes feeding more complicated. Research has shown that in most cases solid foods won't help your baby sleep through the night. The only exceptions are those few breast-fed babies who are not getting enough calories or gaining enough weight.

What types of foods should I feed my child?

- **Cereals:** Cereals are usually the first solid food added to your baby's diet. Generally these are introduced to infants at 6 months of age. Cereals should be fed with a small spoon and should not be given in the baby's bottle. This is because an infant should be taught to differentiate between what he eats and what he drinks. Start with rice cereal. Barley and oatmeal may be tried 2 or 3

weeks later. A mixed cereal should be added to your baby's diet only after each kind of cereal in the mixed cereal has been separately introduced.

- **Vegetables and fruit** Strained or pureed vegetables and fruits are the next solid foods introduced to your baby. The order in which you add vegetables and fruits to your baby's diet is not important. However, you should introduce only one new food at a time and no more than 1 new food per week.
- **Meat and protein alternatives** By 8 months of age your baby should be ready for strained or pureed meats and protein alternatives (such as beans, peas, lentils, cottage cheese, and yogurt). Babies who are only getting breast milk and no other solids can develop zinc and iron deficiency. This can be prevented by starting pureed meats by 6 months.
- **Homemade Baby Foods** between 8 and 12 months of age, introduce your baby to mashed table foods or junior foods (also called stage 3 foods). If you make your own baby foods in a baby-food grinder or electric blender, be sure to add enough water to get a consistency that your baby can easily swallow. For individual portions, pour these homemade baby foods into ice cube trays, freeze them then remove them and store them in plastic freezer bags.

How much baby food should I give?

Start with a few small spoonfuls. At first your baby may just want a taste. Then gradually work up to larger portions. A good rule of thumb during the first year of life is 2 to 4 tablespoons (1 to 2 ounces) of each kind of food per meal. If your child is still hungry after finishing that amount, serve her more.

How do I spoon feed my child?

Place food on the middle of the tongue. If you place it in front, your child will probably push it back at you. Some infants get off to a better start if you place the spoon between their lips and let them suck off the food. Some children constantly bat at the spoon or try to hold it while you are trying to feed them. These children need to be distracted with finger foods or given another spoon to hold. By the time they are 1 year old, most children want to try to feed themselves and can do so with finger foods. By 15 to 18 months of age, most children can feed themselves with a spoon and no longer need a parent's help to eat.

When can my child have finger foods?

Finger foods are small, bite-size pieces of soft foods. They can be introduced between 9 and 10 months of age or whenever your child develops a pincer grip. Most babies love to feed themselves. Since most babies will not be able to feed themselves with a spoon until 15 months of age, finger foods keep them actively involved in the feeding process. Good finger foods are dry cereals (Cheerios, Rice Krispies, etc.), slices of cheese, pieces of scrambled eggs, slices of canned fruit (peaches, pears, or pineapple), slices of soft fresh fruits (especially bananas), crackers, cookies, and breads. Make sure all foods are cut into very small pieces to prevent choking.

Should I give my child snacks?

Once your baby goes to 3 meals a day, or eats at 5-hour intervals, he may need small snacks to tide him over between meals. Most babies begin this pattern between 6 and 9 months of age. The midmorning and midafternoon snack should be a nutritious, non-milk food. Fruits and dry cereals are recommended. If your child is not hungry at mealtime, cut back on the snacks or eliminate them.

Can my child eat table food?

Your child should be eating the same meals you eat by approximately 1 year of age. This assumes that your diet is well balanced and that you carefully dice any foods that would be difficult for your baby to chew. Avoid foods that he could choke on such as raw carrots, candy, peanuts or other nuts, and popcorn.

What foods contain iron?

Throughout our lives we need iron in our diet to prevent anemia. Certain foods are especially good sources of iron. Red meats, fish, and poultry are best. Some young children will only eat lunch meats, and the low-fat ones are fine. Adequate iron is also found in iron-enriched cereals, beans of all types, egg yolks, peanut butter, raisins, prune juice, sweet potatoes, and spinach.

Does my child need vitamins?

If your child is between 2 weeks and 12 months old and you are breast-feeding, you will need to give your child a vitamin D supplement or a multivitamin with iron. Formula fed infants get all the vitamins they need from the formula. After your child is 1 year old and is eating a balanced diet, added vitamins are not necessary.

Childproofing Your Home

One of the most important steps you can take to protect the health and life of your child is to childproof your home. The following is a quick checklist for childproofing areas in your house. Remember, however, that every child and home is different. Check your home carefully. *Never leave your baby or young child unattended.*

Kitchen

- Turn handles of all pots and pans to the back of the stove so your child can't reach them. Use the back burners of the stove when possible. The best way to avoid accidents is to keep your baby in his playpen or high chair while you cook. Do not allow children to play on the kitchen floor while you are cooking or baking.
- Keep fire extinguishers in the kitchen and near any fireplaces. Keep matches and lighters out of children's reach.
- Avoid using tablecloths that can be pulled down.
- Keep appliances and their cords away from the edges of counters or table tops. All cords should be coiled up and tied.
- Put safety latches on drawers and cabinets. If you have room, you can let your child have one cupboard of his own filled with pots, pans, and large plastic bowls.
- Store cleaning products and all other poisonous chemicals in a high cupboard out of a child's reach. Make sure it has a lock or safety latch.
- Keep knives and sharp objects in a drawer or cupboard out of your child's reach.
- Vacuum up broken glass right away and then use a wet paper towel to clean up small slivers of the glass on your floor.
- Keep hot drinks out of reach of your child. When handling hot liquids or foods, check to see where your child is before you pick up the tea kettle or pan. You do not want to trip and spill anything hot on your child.
- Keep aluminum foil or plastic wrap out of reach of children.

Bathroom

- Keep all drugs in a locked cabinet out of children's reach. Medicines are a common cause of childhood poisoning. Return all medicines to the proper container and put them in the cabinet after you use them.
- Keep shampoo and soap out of your child's reach.
- Keep hairdryers and curling irons unplugged. Keep all electric appliances away from water to avoid electric shock.
- Lower the hot water heater temperature to 120°F (48°C) to prevent burns. Always check water temperature before putting your child into bath water or under a faucet.
- Dispose of pills, razor blades, and other dangerous items in a covered wastebasket out of children's reach. Children like to explore wastebaskets.
- Use lid locks or keep the bathroom door closed to keep children safe. Put a hook on the outside of the bathroom door or a cover on the doorknob. Always leave the toilet lid closed.
- Use plastic or paper cups and containers in the bathroom so there is less chance of broken glass.

Furniture

- Don't allow children to jump or stand on furniture. This helps prevent falls.
- Put corner and edge bumpers on sharp edges of furniture such as coffee tables, end tables, and your fireplace hearth.
- Put away all delicate, breakable, and valuable items from tables and shelves until your child is 4 to 5 years old.
- Move computers, DVDs/BluRay out of reach. Heavy objects such as TVs, lamps, or stereo equipment, should be pushed back from the edge of furniture, fastened to the wall, or kept out of reach so children don't accidentally knock them over when trying to crawl or stand.
- Keep all dresser drawers firmly closed. This prevents children from climbing on drawers, and protects little fingers from being crushed.
- Remove or tighten all loose knobs on cabinets or furniture.
- Be aware of recliners and hideaway beds. Children's hands or heads may get trapped as the chair or bed closes.
- Fasten bookcases to the wall with a wall anchor so your child can't pull the piece of furniture over on himself.
- Empty all diaper pails, ice chests, buckets, or other liquid containers right away to prevent drowning.
- Strap children securely into infant carriers, high chairs, and changing tables.
- Store ointments, creams, safety pins and all other baby changing items out of reach.
- Do not use baby powders and talcum powder near a blowing fan or let the baby play with the container. Babies can choke on the dust.
- Keep plants out of children's reach. Cover the top of a large plant with a nylon screen to prevent a child from playing in or eating the soil.
- Be sure the liquor cabinet is locked.
- Hang mobiles and dangling toys out of the baby's reach. The string should be no more than 12 inches long. Remove the mobile as soon as your baby can stand.

Floors, Carpets, and Rugs

- Check the floor area daily for small objects such as pins or small bits of food such as popcorn and peanuts that a baby could choke on
- Do not put scatter rugs near the top of a staircase.

- Put non-skid backing on scatter rugs to hold them in place.

Outlets, Cords, and Appliances

- Cover unused electrical outlets with outlet covers to prevent a child from sticking things into the outlet. Be sure to look for outlets behind furniture and cover them also.
- Make sure electrical plugs fit tightly into wall outlets.
- Avoid using extension cords unless absolutely necessary. Keep all cords completely out of children's reach by tacking them under pieces of furniture, taping them to walls, or wrapping them around cord shorteners or legs of heavy tables.
- Make sure air can circulate freely around electrical equipment such as television sets, radios, computers, gaming systems, DVD/Blu Ray.
- Replace burned out light bulbs immediately. Never leave a lamp without a bulb.
- Make sure portable heaters are well ventilated and protected by safety guards. Unplug them when not in use.
- Install a smoke or heat detector and a carbon monoxide detector on each floor in the house and in every bedroom. Test the alarms monthly and replace batteries every 6 months.
- Cover hot radiators or make them hard for a child to reach by placing furniture in front of them.

Nursery and Bedrooms

- Never put your baby to sleep in an adult-size bed or waterbed.
- Use a night light in the nursery.
- You may consider getting a baby monitors to help observe your baby's activities in the nursery and other bedrooms.
- For bedrooms shared by two young children, set the crib mattress at its lowest point and keep the crib side up so the older child cannot reach the baby or try to lift him or her out. Remove any furniture the older child can use to climb into the crib.
- Use non-locking doorknobs to reduce any chance of children locking themselves in the room.
- Store toys on shelves or in plastic boxes in another part of the house. An older child's toys can be dangerous to a younger child. A young child may choke on small parts, and many toys for older children have sharp edges.
- Make sure that lids on toy chests cannot fall shut.
- Bunk beds are not recommended and many models have been recalled. Only children over 6 years of age should be allowed to sleep in the top bunk. Make sure there are top railings the length of both sides of the top bed

Gates, Stairs, and Doors

Most safety gates are between 24 and 32 inches tall and can be adjusted to spaces about 27 to 42 inches wide. Some can fit up to 20 feet wide. Safety gates with hardware that fastens to the wall are safer than gates held against the wall by pressure.

- Use gates fastened with hardware to block off stairs, forbidden rooms, and areas or spaces where safety and security is most important. Carefully read the directions and make sure the gate is secure when the job is done.
- You can also use a safety gate in the doorway of an older child's room to protect the baby from the older child's toys.

- Check the space between posts on a stair rail. The gap should be less than 4 inches wide to avoid the chance of a child's head getting caught. If the gap is too wide, install a fine, heavy netting or Plexiglas along the railing.
- Keep stairs free of clutter or anything someone could trip over.
- Use toddler-proof locks on doors and screens. Special guards are available to keep patio doors locked. A screen door won't keep a child out.
- Keep doors closed and outside doors locked at all times, even when you are at home.
- Install safety glass in large windows and patio doors. They are shatter-proof if a child runs or falls into them.
- Put decals on glass doors or window to prevent your child from bumping into them.
- Replace door stoppers that have rubber caps. The caps can be removed and swallowed by young children.
- Keep folding doors open fully or closed completely so that they can't pinch a child's fingers.
- Cover door knobs to prevent doors being opened by a child. Covering the knob with a sock tied on with a string works well.

Windows

- Keep all cords from drapes or blinds out of reach or use a cord wind-up device. Contact the Window Covering Safety Council at <http://www.windowcoverings.org> or call 1-800-506-4636 to get a free kit with safety tassels, tie-down devices, and installation instructions. Or you can follow them on Twitter @cordsafety and/or on Facebook @windowcoverings.
- Hang curtains out of crawling reach so they can't be pulled down.
- Don't leave any furniture or objects near a window that a child could climb up on.
- Install window guards or netting to protect your child from falling out of a window. If you have sash windows, get window locks that will only allow the window to open to a safe height.

Outside Areas, Garages, and Workshops

- Store tools out of reach of young children. Cover sharp edges. Unplug electrical tools when not in use.
- Keep paints, pesticides, and other chemicals out of children's reach. Label properly and dispose of unused chemicals.
- Watch children and never leave them alone around water, including wading pools, swimming pools, spas or hot tubs, ponds, lakes, streams, or any other open water.
- Never work on a vehicle with a small child present.
- Never store an unused or broken freezer or refrigerator where a child could climb inside.
- Lock any car parked in the garage or driveway so a child cannot get inside.
- Use only a garage opener that reverses when it touches any object. Check the door by closing it on a heavy cardboard box to be sure it works. Keep garage door openers locked up or in the glove compartment.

Reference: RelayHealth and Bright Futures 2017

Follow us on Facebook @ Healing Touch Pediatrics
And you can visit our website @ www.healingtouchpediatrics.com
For any questions or concerns please call our office at 817-417-9001.