



Checkup Checklist: 6 Months Old

Happy half-birthday to your beautiful baby! By 6 months, most babies have doubled their birth weights. Your 6-month checkup will cover a lot, so get your questions ready!

Your 6-Month Old | American Academy of Pediatrics (AAP)



✓ Immunizations

At the 6-month visit, your baby may receive the third doses of the following vaccines (</English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx>).

- Rotavirus vaccine (</English/safety-prevention/immunizations/Pages/Rotavirus-Vaccine-What-You-Need-to-Know.aspx>)
- Diphtheria, tetanus, acellular pertussis vaccine (</English/safety-prevention/immunizations/Pages/Diphtheria-Tetanus-Pertussis-Vaccines-What-You-Need-to-Know.aspx>) (DTaP)
- Haemophilus influenza type B vaccine (</English/safety-prevention/immunizations/Pages/Haemophilus-Influenzae-TypeB-Hib-Vaccine-What-You-Need-to-Know.aspx>) (Hib)
- Pneumococcal conjugate vaccine (</English/safety-prevention/immunizations/Pages/Pneumococcal-Conjugate-Vaccine-What-You-Need-to-Know.aspx>) (PCV)
- Inactivated polio vaccine (</English/safety-prevention/immunizations/Pages/Polio-Vaccine-What-You-Need-to-Know.aspx>) (IPV)
- Hepatitis B vaccine (</English/safety-prevention/immunizations/Pages/Hepatitis-B-Vaccine-What-Parents-Need-to-Know.aspx>) (HBV)

The American Academy of Pediatrics and the Centers for Disease Control and Prevention also recommend the seasonal influenza (</English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>) vaccine (flu shot) for children 6 months of age and older as soon as it becomes available. So, if your pediatrician has the influenza vaccine available, be sure to add that one to your checklist.

Note: *Infants and children up to 8 years of age who are getting their flu shot for the first time may need two doses, given at least four weeks apart. Be sure to follow up with your baby's second dose if they get their first one at this time.*

Screenings

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- **Dental health check:** Your pediatrician may apply fluoride varnish (</English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx>) after your baby's first tooth appears. Most babies begin to cut teeth around 6 months of age.
- **Postpartum depression** (</English/ages-stages/prenatal/delivery-beyond/Pages/understanding-motherhood-and-mood-baby-blues-and-beyond.aspx>): Your pediatrician will ask you how you are feeling. If you or your partner (</English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx>) are having postpartum issues with breastfeeding, anxiety, or sadness, or anything else, please feel free to discuss it with your baby's pediatrician.

Feeding & development

Your pediatrician will measure and weigh your baby to make sure their growth is on track, observe their development and behavior, and perform a physical exam.

Questions your pediatrician may ask

- Have you started giving your baby solid foods (</English/ages-stages/baby/feeding-nutrition/Pages/Bite-Sized-Milestones-Signs-of-Solid-Food-Readiness-.aspx>)?
- Is your baby rolling over or able to sit up (</English/ages-stages/baby/Pages/Movement-4-to-7-Months.aspx>) briefly?
- Has your baby first tooth (</English/ages-stages/baby/teething-tooth-care/Pages/Babys-First-Tooth-Facts-Parents-Should-Know.aspx>) started to come in?

Questions you may have

- What's the best way to treat diaper rash (</English/ages-stages/baby/diapers-clothing/Pages/Diaper-Rash.aspx>)?
- When do babies start to crawl (</English/ages-stages/baby/Pages/Crawling-Styles.aspx>)?
- How can I help in my baby's language development? Share books with your baby. Here's how (</English/ages-stages/baby/Pages/How-to-Share-Books-with-Your-6-to-8-Month-Old.aspx>).
- What should I do if my baby doesn't like trying new foods (</English/healthy-living/nutrition/Pages/How-Children-Develop-Unhealthy-Food-Preferences.aspx>)?

Did you know

It may take 10–15 times of giving your baby a food to try before they learn to like it. Be patient!

Safety

Questions your pediatrician may ask

- Have you childproofed your home (</English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx>)?
- Do you know what to do in a choking emergency (</English/safety-prevention/at-home/Pages/Choking-Hazards-Parents-of-Young-Children-Should-Know-About.aspx>)? Once baby is eating solid foods, remember to only give very soft, small bites of finger foods.

Questions you may have

- How can I reduce my baby's chances of developing RSV (</English/health-issues/conditions/chest-issues/Pages/Protecting-Your-Baby-from-RSV.aspx>) and bronchiolitis (</English/health-issues/conditions/chest-issues/Pages/Treating-Bronchiolitis-in-Infants.aspx>)?

- What should the babysitter know about feeding the baby now? Here's what caregivers need to know about feeding children (/English/family-life/work-play/Pages/What-Caregivers-Need-to-Know-About-Feeding-Children.aspx). [Back to Top](#)

Communication tips

Never hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. If your pediatrician is unable to see you but believes your baby should be examined, they will advise you on the most appropriate place for your baby to receive care and how quickly your baby should be seen.

More information

- AAP Schedule of Well-Child Care Visits (/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx)
- When Can Kids Get the COVID-19 Vaccine or a Booster? (/English/health-issues/conditions/COVID-19/Pages/when-can-kids-get-the-COVID-vaccine-or-booster.aspx)

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