

6 Month Visit

Name _____

Today's Date _____

Weight _____
% _____

Length _____
% _____

Head Circumference _____
% _____

FEEDING:

- Whether breast or formula feeding, your infant will likely feed 4-5 times per day.
- If your baby is primarily breast-fed (less than 16 oz of formula daily), continue to give a Vitamin D supplement (such as Tri-Vi-Sol, $\frac{1}{2}$ dropper daily).
- If you have not started your infant on solid foods yet, this is often a good age to start. Discuss this further with your health care provider. Refer to the 4 month handout for details on starting solids.
- Continue to offer infant iron-fortified cereal, fruits, vegetables, and meats.

ELIMINATION:

- Changing diapers may be more of a challenge now as your infant may resist being held down. Try to distract with a toy or mobile.
- There is a wide variety of normal stooling patterns, from several times a day to every few days. With the introduction of solid foods, the stools will become more solid, variable in color, and have a stronger odor.

SLEEP:

- Put your baby to bed awake to help your baby learn to fall asleep on his or her own.
- If your baby is still waking in the night, resist feeding or playing with him or her. Discuss strategies for sleep training with your health care provider.
- Most babies at this age will sleep through the night and nap 2 times a day.

TYPICAL DEVELOPMENTAL MILESTONES:

- Holds head steady when pulled up to sit, rolls over, sits with support.
- tries to pick up small objects with a raking movement; transfers objects from one hand to the other.
- Communicates with babbling (such as ba/da/ma); initiates "conversations", plays by making sounds.
- Initiates social contact; recognizes and may show preference to primary caregivers; may show displeasure when a caregiver walks away or a toy is taken away.

SAFETY:

- Always use a rear-facing car-seat installed correctly in the back seat for travel.
- Never leave your baby unattended on a high surface, for even a moment, as babies move quickly at this age.
- Your baby will become much more mobile in the next 3 months, so prepare by childproofing your home now; lock cabinets which contain household cleaners and medications, cover electrical outlets, place gates at stairways, remove any small objects from your infants reach (buttons, pins, coins, etc...).
- Do not use an infant walker; serious injuries occur with these.
- If outdoors, apply sunscreen with a minimum SPF of 15.

FURTHER READING:

Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
The Nursing Mother's Companion (Huggins)
What to Expect The First Year (Eisenberg et. al)

DOSING OF ACETAMINOPHEN

INFANT DROPS (80mg/0.8mL):

12-17 pounds = 0.8mL (1 dropper)

18-23 pounds = 1.2mL (1½ dropper)

TODAY'S IMMUNIZATIONS:

- DaPT#3, HiB#3, and Prevnar#3
- Influenza if fall/winter season

WHAT'S NEXT?

- Next Check-Up is at 9 months.
- Your baby will receive a physical exam, the Hepatitis B vaccine, and may have a blood test to check for anemia and lead exposure. The influenza vaccine will also be given if it is fall/winter season (and not given today).

SPECIAL INSTRUCTIONS:
