

# PEDIATRIC HEALTH CARE

## SIX MONTH EXAM

**WEIGHT:** \_\_\_\_\_ LBS. \_\_\_\_\_ OZ.    **LENGTH:** \_\_\_\_\_ IN.    **HEAD CIRCUMFERENCE:** \_\_\_\_\_ IN.  
  \_\_\_\_\_ %    \_\_\_\_\_ %    \_\_\_\_\_ %

### FEEDING:

Continue to give breast milk or formula. Fluoride is needed for normal tooth development. If your baby gets 6 to 8 ounces of tap water (city) per day, your baby has met his/her requirements. If your baby is only on breast milk or you have well water, please notify us. Encourage use of child safe utensils and feeding oneself. Try to include the baby in family mealtime. Now is a good time to introduce a cup with solid feedings.

**MEAT:** Once you have completed fruits and vegetables, you may begin with strained meat. If baby does not like meat, you can mix strained meat with a vegetable or fruit. Chicken and turkey are good meats to try first. Work up to  $\frac{3}{4}$  to 1 jar per day. Stay with one type of meat for three days before trying a new one. Starting at nine months, your baby should be on 3 meals a day plus formula or breast milk. A typical schedule is:

**BREAKFAST:** cereal, fruit, formula or breast milk by cup

**LUNCH:** vegetables, meat, formula or breast milk by cup

**DINNER:** vegetables, meat or cereal, formula or breast milk by cup

### DEVELOPMENT:

Around 6 to 12 months your baby will get his/her first tooth. Baby may be sitting alone, babble more than two sounds, roll both ways, transfer objects from hand to hand and from hand to mouth. You may want to offer chew toys.

### SAFETY:

**BABY PROOF YOUR HOME BEFORE BABY BEGINS TO CREEP OR CRAWL. GET DOWN ON THE FLOOR TO EXPLORE BEFORE YOUR BABY DOES.**

1. Safety locks should be on all cabinet doors.
2. Cleaning supplies must be out of reach.
3. Gates need to be at the foot and at the head of all stairs.
4. Cover all electrical outlets; hide electrical cords behind furniture; elevate drape cords
5. Set temperature on water heaters below 120° F.
6. Remember to include the garage when you are child proofing.
7. NEVER USE WALKERS. Walkers can cause injury or death to babies. Contrary to popular belief, they may delay your baby's first step.
8. If your baby ingests a potentially poisonous substance, call POISON CONTROL immediately: 1-313-745-5711 or 1-800-POISON-1.

### IMMUNIZATION:

Today your baby will receive: Pentacel #3 (DTaP, IPV, Hib), Prevnar #3, and Rotateq #3 (oral)

**PROBLEMS:**

1. Appetite may decrease. This is normal.
2. Your baby may get his/her first cold or fever. Please call us if your baby has difficulty breathing, poor feeding, decreased urination, or any other concerns.
3. Babies need to fall asleep in their cribs. Remember that if baby falls asleep in your arms, they will not recognize where they are when they wake up in the crib.

**NEXT VISIT:**

See you at nine months of age. Your baby will receive the 3<sup>rd</sup> Hepatitis B vaccine.

Enjoy your baby's emerging personality!