

## 6 MONTH VISIT

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### Nutrition

- Still give breast milk and/or formula and Vitamin D if mostly breastfed (max 24-32oz daily) – do not prop bottle
- Give iron fortified infant cereal once daily (1-2 tbsp) and Stage I-II fruits and vegetables 2-3 times daily and feed with a spoon; can start soft meats and fish
- Don't give honey and avoid juice
- Try giving 2-4 ounces water in a sippy cup with meals
- Avoid choking hazards and don't put food in a bottle – try not to overfeed

### Infant Care

- Your baby will receive vaccines today and may be fussy or have a fever
- You may give Tylenol as directed by your doctor, but if the fever lasts more than 2 days, please call the office or come in for evaluation
- Apply a cool cloth to the baby's legs for comfort if there is redness or swelling at the site of vaccination
- Brush teeth with a soft toothbrush or wet washcloth 1-2 times daily

### Sleep

- Most babies can sleep through the night, around 10-12 hours, and take 3-4 naps (4-6 hrs total)
- Use the same sleep routine every night and children may have a small comfort object in the crib with them
- If the baby wakes up at night, try to comfort quietly while the baby is still lying down and don't play with them

### Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old AND 20 pounds

- Keep bracelets, earrings, plastic bags and other choking hazards out of reach
- Do a home safety check
  - Gates on stairs, barriers around stoves and space heaters, covers for electrical outlets and locks for cabinets, avoid burn risks
- Lock chemicals/medicines in a high cabinet and separate ammunition from locked firearms
- Don't leave your baby unattended on any high surfaces or in the tub
- Poison Control # (1-800-222-1222)
- Use sunscreen (SPF > 30) and insect repellent (10-20% DEET or picaridin)

### Promoting Development

- Your baby will babble constantly ('ga', 'da', 'ma') and look when their name is called
- Babies love faces and looking into mirrors at this age
- Read and talk to your baby always
- Your baby will roll over in both directions and pass objects from hand to hand
- No screen time until 2 yrs old
- Babies may get anxious when separated from their parents – reassure them that you will return – use a transition object
- Promote crawling by playing on the floor on an activity mat and playing with toys that can be grabbed and that make noise

### Vaccines

- DTaP (Diphtheria, Tetanus, Pertussis)
- HepB (Hepatitis B)
- IPV (Polio)
- Prevnar-13 (Pneumococcus)

**\*Next Visit: 9 months old for well child visit**