

# 6 Month Check-Up

REACHING OUT TO PLAY

Name \_\_\_\_\_

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz.

Age \_\_\_\_\_

Length \_\_\_\_\_

Date \_\_\_\_\_

Head Size \_\_\_\_\_

## DIET

The main source of nutrition remains breast-feeding or formula. If you have not started offering solid foods you should do so now. Slowly advance to 2 to 3 meals per day. Be careful with introduction of foods that have a higher risk of causing reactions including milk products, soy, eggs, wheat and nut products. Remember to introduce foods one item at a time for 5 to 7 days. Watch for any reactions such as diarrhea, vomiting, cramping or rashes. As your baby takes more solid foods, breast-feeding or formula feeding usually decreases to around 24 ounces per day by about 9 months.

When fruits and vegetables are well accepted, you may offer meats. Most babies accept meats when mixed with vegetables at first. If making your own baby foods, avoid additives of salt and sugar. Junior foods can be started around eight months if your baby can "gum" them. Avoid any foods baby can't gum, such as raw vegetables, raw apples, peanuts, popcorn, grapes, bacon or candy.

Avoid honey until 12 months of age.

As babies develop more coordination, they will want to feed themselves. This allows some independence and stimulates eye-hand coordination. Provide foods that can be picked up, but are soft enough to mush up easily into the mouth. Try ripe bananas, soft cooked carrots, soft cheeses and dry cereals such as Cheerios®. This is also a good time to begin offering a cup for water or juice. Juice is a major source of empty calories and is contributing to the epidemic of childhood obesity. If allowed, it should not exceed 4 to 6 oz. per day.

## DEVELOPMENT

Your baby will begin rolling over and sitting alone. She will squeal, laugh and babble and love to play. She will develop a stronger bond to parents and may begin to fear strangers.

Continue to put her to bed awake. You may want to use a transitional object such as a special blanket or toy. SIDS is still a concern. (Review "Sudden Infant Death" precautions in *Growing Up Healthy*.)

## SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Prevent accidents before they happen. Childproof your home! Get down on your hands and knees to see the world from your baby's point of view.
- Cover electrical outlets with plug-ins.
- Put gates on all stairways.

- Put plants out of reach.
- Move all toxic cleaning supplies to high, childproof cupboards.
- Never leave baby alone or with a young child or pet.
- Avoid use of walkers.
- Continue to use a car seat in the backseat facing backward. The law is backward facing until 20 lbs. and one year of age. However, research shows in the event of a crash it is much safer for your infant to be backward facing up to 2 years of age.
- If your baby has eaten or come in contact with a poison or taken wrong or excessive medication contact the Poison Control Center at 1-800-815-8855 and take your baby to the emergency room, if instructed. Be sure to bring whatever they ate with you or the vomit in case it needs to be analyzed.
- Please keep this number and other emergency numbers by your phone.

**IMMUNIZATIONS**

Your child received the following:

Pediarix (DTaP, IPV HBV)	Given/Not given
DTaP	Given/Not given
IPV	Given/Not given
HIB	Given/Not given
Pnuemococcal(PV7)	Given/Not given
RotaTeq	Given/Not given
Influenza	Given/Not given

Other immunizations given today:

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**COMMENTS**

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