



6-MONTH VISIT

NUTRITION

Your baby may have already started eating some solid foods. If not, now is the time to start! Begin by offering single-ingredient, soft pureed foods from a spoon, introducing a new food every 3-5 days as tolerated. That way if there is any reaction to a food, it is easy to isolate which food may have caused a reaction. The only foods completely off limits until 1 year of age are whole milk (cheese and yogurt are ok) and honey. To ensure adequate iron, your baby should have 2 servings a day of iron-fortified infant cereal or meats. Gradually add other pureed or soft fruits and vegetables. Offer solid food 2-3 times a day and let your baby decide how much to eat. As your baby shows signs of readiness (usually between 7-9 months of age), introduce soft/mushy finger foods – diced small -- like bananas, avocados and sweet potatoes. Avoid any foods that can cause choking. In the absence of any anaphylactic food allergy in close family members, berries, nut **butters**, and shellfish can be introduced in the same manner as other foods and, if well-tolerated, should be kept in the infant's diet with relative consistency (1-3 times per week). Do not give your baby food that requires chewing. As your baby eats more solid food, the amount of bottle or breast milk intake may decrease, but he/she should still take at least 24 ounces of formula or 3-4 breast feedings a day. If your child is completely or partially breastfed, make sure you are giving a Vitamin D supplement (400 IU/daily). Juice is not recommended, but if given should be diluted with water and limited to 2-4 ounces a day. Start offering your baby a cup now so the transition off the bottle around 12 months of age will go more smoothly.

DEVELOPMENT

Six-month old babies babble responsively to parents. Most can roll over and sit for a couple of seconds on their own. They reach out and grab objects and can transfer objects from hand to hand. They smile, laugh, squeal and babble. Some babies will start to have recognition of parents and show stranger anxiety. Big, washable, colorful, noisy toys are great for this age. Continue to read and talk to your baby. Providing a safe place for your baby to explore the world is very important. Develop a daily routine for your baby.

SAFE TO SLEEP

A six-month-old baby may sleep 9-12 hours at night, requires 1-3 naps each day, and benefits from a consistent nap schedule. Put your baby to bed when awake, but drowsy, to help him/her learn to go to sleep by himself/herself. It is okay to let your baby cry for 10-15 minutes while trying to go to sleep. Most babies do not need to eat during the night at this age.

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. **One of the most important things you can do to decrease the chance of SIDS is to put your baby on his or her back to sleep until 1 year of age.** Once

your baby can roll from back to front and front to back, he or she does not need to be repositioned after rolling over on his/her own – but should still be placed initially on back. Other recommendations to prevent SIDS include:

- Use a firm sleep surface (safety approved mattress/crib).
- **Bed-sharing is NOT recommended and can be dangerous to your baby.**
- Breastfeeding is associated with reduced risk of SIDS.
- Keep soft objects (pillows, stuffed animals etc.) and loose bedding out of infant's crib/bassinet to prevent suffocation/strangulation.
- Offer pacifier at nap and bedtime (do not force infant to take or reinsert once it falls out of mouth).
- Avoid smoke exposure to baby and caregiver alcohol/illicit drug use.
- Avoid overheating your baby while sleeping. Infant should be dressed appropriately, with no greater than 1 layer more than adult would be comfortable in. A warm sleeper (if needed) is preferable to loose blankets. Do not use a hat on a sleeping baby.

SAFETY

- Infant car seats should be rear-facing in the backseat of the car until the child has reached at least two years of age.
- Set your water heater below 120° F.
- Do not carry medications in your purse or diaper bag.
- Maintain a smoke-free environment for your baby.
- Make sure you have a working smoke detector and a CO2 monitor in your house.
- Child proof your home – pay special attention to knives, cigarettes, matches, alcohol, poisons, medications, outlets, cords, guns, and plastic bags.
- Keep plants out of baby's reach – some plants are poisonous.
- Do not use baby walkers. They cause many accidents including head injuries and don't help children learn to walk.
- It's a good idea to take a CPR class.
- Apply a children's sunscreen (minimum SPF 30) 30 minutes prior to sun exposure and reapply every 1 ½ to 2 hours. A hat and lightweight cotton clothing are also recommended.
- It is OK to use insect repellent containing up to 30% DEET, but apply it sparingly.
- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Know your poison control number: **1-800-222-1222**

TEETHING

To relieve teething symptoms, use **acetaminophen (Tylenol)** – see medications below. Don't use numbing agents such as Ambusol or Orajel. Clean baby teeth with a washcloth or baby toothbrush. No fluoride toothpaste should be used until he or she can spit consistently. Fever (over 101° F) does not accompany teething.

IMMUNIZATIONS

Your baby should receive several immunizations today to protect against serious illness. About 25% of children have temporary symptoms following the administration of vaccines. If you think your baby is having a reaction to a vaccine given today it is OK to give

Next Well Care Visit: 9 Months of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 9-Month Ages & Stages Developmental Questionnaire when scheduling your appointment

APA Website: [ww.advancedpediatricassociates.com](http://www.advancedpediatricassociates.com) | APA Patient Care Line: 303.699.6200

acetaminophen (Tylenol) - see medications below - but call our office with any temperature greater than 102° F. Please refer to our web-site "Well Care & Immunizations" page for more information about normal immunization reactions.

MEDICATIONS

When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other household spoons to measure medicine.