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Pierremont Pediatrics

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6 months old

General Health

- At six months it is recommended that your baby receive a Hepatitis B vaccine, Pentacel vaccine (which includes DTaP, IPV, and HiB), Prevnar and the Rotavirus vaccine. For more information on these vaccines please see the immunization section on our website www.pierremontpediatrics.com.
- If it is flu season, your child is old enough to receive the flu vaccine. The first season your child receives the flu vaccine they will need two doses separated by at least 28 days.

Nutrition

- Your infant should still be taking breast milk or formula 4-6 times/day, 6-8 ounces per feeding.
- Your infant likely will no longer need the middle of the night feeding.
- You may enjoy adding baby foods to your child's meal times starting with Stage 1 fruits and vegetables. Introduce one new food every 3-4 days.
- Watch for any signs of food allergy: rash, vomiting, diarrhea, irritability. If these symptoms occur, stop any new foods and notify our office.
- No honey or whole milk until one year old.

Elimination

- Your infant should have 4-6 wet diapers a day.
- Stool pattern can vary greatly from several times a day to one bowel movement every other day.
- Stool frequency, consistency and color can change once solid foods are started.
- It is normal for most babies to appear to strain with bowel movements.
- Call if your baby has not had a bowel movement in more than 48 hours, hard stools, red or black stools or no wet diapers.

Sleep

- Your infant may or may not sleep through the night.
- If your child has started rolling over, do not be surprised to find them on their stomach while they are sleeping. The American Academy of Pediatrics still recommends 6-month-old children sleep on their backs, but if your infant rolls over on his or her own it is OK.
- Your infant may benefit from a consistent daytime nap schedule.
- It is important for you to put your baby to bed sleepy, but awake, in order to encourage falling asleep independently.

Behavior

- Your infant should show pleasure in interaction with parents and others.
- Your infant should turn to voices, babble, laugh, squeal and play by making sounds.
- Your infant should be able to sit up briefly, roll both ways, transfer objects from hand to hand and reach for objects.

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- The American Academy of Pediatrics recommends screen time at this age only for video chatting with family members.

Injury Prevention

- Babies should ride in a car seat with 5 point restraint, rear facing in the back seat. The AAP recommends all babies remain rear facing until at least 2 years old. For more information see the car seat section on our website www.pierremontpediatrics.com.
- When bathing your baby, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. **Never leave child unattended in a bath or around water.**
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Do not place car seat with infant in it on counter-top, washing machine or other elevated surface.
- Your baby should not be left unattended on a bed, sofa, or changing table.
- Your baby may start putting small objects in their mouth, including food and toys, so make sure baby foods are finely pureed and small objects are moved out of reach.
- Keep chemicals, cleaning supplies and medications out of reach—your baby may start crawling soon
- Keep child away from stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It is OK to use sunscreen with minimum SPF 30, reapplying frequently.
- The use of bug spray is recommended but should be applied by spraying it on caregiver's hands or towel and wiping on child. Avoid areas the child may put in their mouth.
- The American Academy of Pediatrics does not recommend the use of infant walkers.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____inches (____%)

Head Circumference: ____inches (____%)

My next appointment: _____