

The Pediatric Center

Boulder, CO
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Name: _____

Date: _____



6 MONTH VISIT

TODAY'S MEASUREMENTS

Head Circumference

_____ Inches (_____ percentile)

Height

_____ inches (_____ percentile)

Weight

_____ pounds _____ ounces (_____ percentile)

IMMUNIZATIONS

DTaP (diphtheria, tetanus and pertussis)

Hib (haemophilus influenzae)

Polio

Pneumococcal conjugate

Rotavirus

Hepatitis B

Influenza

Covid

RSV (if indicated)

Possible side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- More Spitting up or looser stools

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: Nine months of age

FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. If a parent feels sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at www.postpartum.net
- Consider joining or forming a regular play group. It is good for you and your baby to be with other people.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Blows bubbles
- Starts babbling at others
- Makes more sounds in a row
- Copies sounds
- Starts to recognize his or her name
- Smiles and babbles at his or her own image
- Feels nervous with strangers and seems happy seeing familiar faces
- Rolls over
- Sits with support by leaning forward on hands
- Rocks back and forth on hands and knees to prepare for crawling
- Reaches for, grabs and moves objects from hand to hand
- Tries to pick up objects using raking movement of the hand

PROMOTING DEVELOPMENT

- Now that your baby can interact with you more, he or she may like to try a high chair or upright seat while awake. This allows your baby to look around and "talk" with you and his or her brothers and sisters.
- Keep reading to your baby daily.
- Copy the noises your baby makes and let him or her respond.
- Start playing games such as peekaboo and patty-cake.

TEETHING

The first teeth to appear are usually the lower central incisors, which can begin to appear at 4 months. Chew toys, a cold damp washcloth, teething biscuits or Tylenol may help make your baby more comfortable. To keep teeth and gums healthy, brush teeth with a soft toothbrush. Use fluoride toothpaste, no more than the size of a grain of rice.

NUTRITION

If you have not done so already, start giving your baby solid foods. Signs that your baby is ready for solids include good head control, interest in watching others eat, opening his or her mouth as food nears and not sticking his or her tongue out as often when you offer a spoon. Talk with your doctor if you have questions or a family history of food allergies. Follow these general guidelines when starting your baby on solids.

- Start with stage 1 consistency, single ingredient fruits, vegetables, grains or meats, but you may progress to Stage 2 foods over time.
- Do not force your baby. Allow him or her to decide how much to eat.
- After about one week of pureed vegetables, fruits or meats, you can also try infant cereals such as barley or oatmeal. Your baby may need to try a new food 15 times before accepting it.
- Good sources of iron include meats and iron-fortified cereal. One ounce of cereal meets your baby's daily iron needs. It is helpful to feed your baby foods that are rich in vitamin C, such as pureed fruit, with the cereal.
- Slowly increase the number of solid food meals to two to three a day during the next few months.
- Current research shows early introduction of peanut protein can decrease the risk of peanut allergy. You may introduce allergic foods like peanuts, tree nuts, egg, dairy, soy, fish, and shellfish to your baby's diet as long as they are an appropriate consistency and are introduced in a stepwise fashion.
- You may now introduce finger foods into your baby's diet. Finger foods are small, hard, meltable foods like Cheerios cereal. They will encourage your baby's pincer grasp. You will know if a finger food is safe if it melts to mush after you suck on it for 10 seconds. The first time you offer a finger food your baby may gag slightly, but this will resolve once they learn to wait until the food softens before swallowing.
- Your baby does not need juice, but if your child is constipated you can give juice in small amounts— no more than four ounces a day.
- Let your baby use a sippy cup to drink. Do not let him or her drink juice from a bottle.
- Your baby's bowel movements will change in color, texture, odor and number after you start solids. Let your doctor know if your baby has hard, pellet-like stools.
- Do not give your baby honey until he or she is at least 12 months old.
- Avoid foods that are choking hazards like whole nuts, raw carrots, hot dogs, whole grapes and hard candies.
- If your baby drinks less than 32 ounces of formula a day, keep giving him or her vitamin D supplements daily.

SAFETY

- Start preparing for your baby to crawl. Move all chemicals, cleaners and medication to high cabinets that your baby can't reach. Put locks on lower cabinets.
- Block off stairs and dangerous rooms with gates.
- Cover electrical outlets and remove dangling or visible electrical cords.
- Do not use walkers that move.
- When outdoors put a hat on your baby and apply sunscreen with at least SPF30.
- Before your baby begins to stand, lower the crib mattress to the lowest position.
- Always place your baby in a car seat that faces backward in the back seat. For more information, go to the National Highway Traffic Safety Administration website: www.nhtsa.gov
- Never leave your baby alone in the car or a bath or on high surfaces due to the risk of falling. Always keep one hand on your baby when he or she is on a high surface.
- Do not cook or drink hot liquids while holding your baby.
- Do not let people smoke around your baby.
- Never tie a pacifier or put jewelry around your baby's neck.
- Make sure that your baby's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide— your baby could choke on them if they are smaller than that. Keep balloons and plastic bags away from your baby— they are dangerous and can suffocate your child.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799 SAFE (1-800-799-7233) or www.ndvh.org
- Post the Poison Control Hotline on your refrigerator and in your phone contacts: 1-800-222-1222

SLEEP

It is not too late to start a bedtime routine if you have not yet done so. Nighttime feeding is still normal, but it usually does not happen more than one or two times a night. If your baby does not fall asleep on his or her own, or wakes more than twice a night to feed, talk with your doctor about how you can help your baby sleep better.