



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 6 MONTHS

Date	Age	Wt	Ht	Head Size	Next Appt.

Acetaminophen Dosing: Children’s Suspension (160 mg/5 ml) _____

NUTRITION

- **Breast:** For continued breast feeding, switch to drops with vitamin D and iron. If you are not giving water that is fluoridated, please add fluoride drops.
- **Formula:** No change (iron fortified formula); keep bottle out of crib! Limit intake to 32-36 oz/day.
- This is a good time to start introducing your child to water.
- **Solids:** Over the next 6-8 weeks infant will be introduced to a full array of cereals, fruits, vegetables, and water. In general, add new foods no more frequently than every 3-5 days. The foods that are easiest to digest and least likely to cause an allergic reaction are offered first. Therefore; citrus, fish, dairy products (milk, yogurt), nuts and eggs are the last foods to be introduced. The parent's responsibility is to offer a variety of the four major food groups: dairy (formula or breast milk); breads (cereals, grains); fruits and vegetables; and meat . The infant is responsible for quantity. Continue to avoid honey.
- All Breastfed babies need iron and vitamin D supplementation (Tri-vi-sol with Iron or My Kidz Iron) and if not receiving adequate tap water with fluoride will need fluoride supplements as well.

GROWTH & DEVELOPMENT

- No head lag on pull up to sitting. Sits independently with minimal support (can use high chair for feeding).
- Rolls both ways. Gets onto all fours from tummy; may begin to crawl.
- Bears weight on legs when supported.
- Reaches and grasps objects; may transfer from hand to hand. Baby places objects in mouth, so keep coins, older sibling's toys, and other small objects out of reach.
- May be able to handle cup and/or hold bottle. Do not prop bottle or allow bottle into crib.
- Repeats syllables (bababa; dadada). Turns to sound and /or changes activity.
- Self-stimulation is common at this age- thumb sucking, exploring body parts.

IMMUNIZATIONS & PROCEDURES

- Pediarix #3, Prevnar#3, HiB #3. Only expected reaction is low-grade fever and soreness around injection site. See information sheet on immunizations.

ACCIDENT & SAFETY

- Use new car seat when infant is over 20 pounds if using baby "bucket". Still rear facing.
- Keep crib free of toys and pillows (risk of suffocation). REMEMBER: Back to sleep, empty crib and no co-bedding. If your baby flips to the stomach it is ok to leave them as such.
- Walk through house to make sure harmful objects and potential poisons are locked out of reach of children. Pay special attention to safety latches on drawers, cabinets; electrical outlet covers. Buffer sharp corners.
- **Do not use** syrup of Ipecac. Emergency (911) and Poison Control numbers (800-222-1222) on hand.
- Pay particular care about bath safety and checking water temperature (Should be set at 120 degrees).
- Place barricades across stairs.
- Walkers are a potential hazard and may actually inhibit walking.

MISCELLANEOUS

- Teeth may appear. Use acetaminophen for pain. Clean teeth with just water and a washcloth or soft toothbrush. No fluoride toothpaste. No topical teething gels.
- Emerging separation and stranger anxiety.
- Increased wakefulness at night. Lower mattress as infant begins to sit and pull up over the next months.
- No need for shoes until baby is walking. And then simple shoes will do.
- Continue singing, talking/reading to and playing with your baby. Chew toys, squeakers, activity quilts, soft blocks, and floor gyms are good toys. Allow child to explore world with constant supervision.
- A formal eye exam is recommended if there is family history of strabismus or you notice the baby's eyes crossing

RESOURCES

- Creative Parenting, Sears
- See Blue Folder