

6/12/2014 Six Month Visit

*Suggested Diet/Feeding Reminders*

Breast milk

Vitamins (if breast fed, a good vitamin D source)

20-26 ounces of Iron fortified Formula

Try scheduling four feedings per day.

Rice Cereal (up to 4-6 tbsp/twice a day)

Vegetables: 4-5 tbsp twice daily

Fruits: 4-5 tbsp twice a day

Meat: 4-5 tbsp once daily

Introduce new foods one at a time for 3-4 days before adding more new foods

Encourage eating from spoon, drinking from cup.

Try table foods (cooked until soft, no spices) Mash foods or blend them.

Try finger foods (i.e. toast in strips, soda crackers, fresh bananas)

Resist sweets!

*Safety Issues*

Always use an approved car seat when traveling, baby should ride in back!

Remove breakable objects from reach

Cover electric outlets, remove electric cords from reach

Choose toys carefully

Never leave your baby alone around water, not even for a second

Remove potential toxins from reach

Avoid infant walkers

Set water thermostat to 120 degrees

Use stairway gates

Don't smoke around your baby

*Immunizations*

DaPT#3/IPV#2/HepB#3

Prevnar

Common reactions include fussiness, fever (102-103 degrees), and red swollen shot sites.

What to do:

Tylenol 0.8 to 1.2 cc every 4 to 6 hours as needed

Extra holding, rocking, loving

Apply a warm, wet cloth to shot site at 10 minute intervals.

Call if: fever > 103, inconsolability for > 3 hours, fussiness > 2 days, any other concerns

*Enjoy!* Baby soon should be able to:

Roll over

Sit without much support

Scoot around

Reach for objects and transfer hand to hand

Find feet

Turn to a voice when called

*Miscellaneous*

Teething

Teething does not cause fevers over 101 degrees. It may cause drooling, fretfulness.

Offer a cool washcloth or teething ring for discomfort. Tylenol 0.8 to 1.2 cc for occasional fretfulness is acceptable, but avoid "numbing" drops or salves.

Wipe teeth with cloth once daily

Bowel Movements

As the diet changes, so will the stools (to some extent.)

Most bowel movements are normal as long as they don't contain blood, aren't "rock" hard, and come at least as frequently as every 4-5 days.

Try bath toys, squeaky toys, plastic cups that fit inside each other.

Use toys with bright colors (rattles, plastic cups, and blocks) where the baby can see and reach for them. Avoid toys with sharp edges or removable parts (which baby can swallow.)

Interact with your baby, playing "pat a cake" or "peek a boo."

Encourage playtime alone as well as with others.

Avoid infant walkers.

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Check out daycare centers with close scrutiny.

Realize that advice is sometimes helpful, but always ask your Pediatrician if things “sound too good to be true” or if you have concerns.

Excellent resource: *What to Expect the First Year* by Eisenberg, Murkoff, and Hathaway

Parents need playtime, too. Find a competent, trusted sitter with whom baby is familiar.

Always remember that babies need *constant* supervision.

