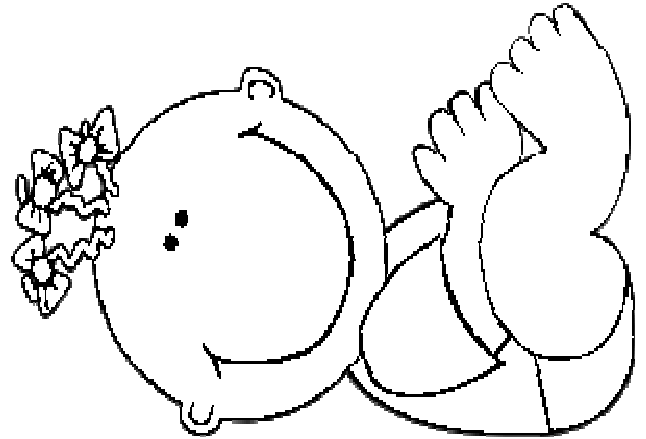


SIX MONTHS

At six months, your baby may:

- Know their name.
- Push up onto hand while on stomach.
- Sit and balance for a short time with support.
- Stretch out their arms to be picked up.
- Try to put their feet in their mouth.
- Bring hands together and hands to mouth.
- Rolls over in one direction.
- Bears weight. Creeps/scoots.
- Transfers objects hand to hand.
- Starts to combine consonants and vowels
- Turns to sound.
- May show early stranger anxiety.
- May imitate sounds.
- Laughs, coos, and squeals.



Things to do together:

- Play peek-a-boo.
- Go out together often. Name people, animals, and things you see.
- Offer your baby toys from above, behind, or below. Encourage them to stretch, turn, and crawl.

What you can do:

- Check smoke detectors.
- Use your baby's name often.
- Offer your baby breastmilk, formula, water, or some juice in a cup.
- Do something nice for yourself, such as call a friend, or go to a movie.

Anticipatory Guidance (Do's and Don'ts):

- Do prevent falls. Do not leave your baby alone on changing tables, beds, sofas or chairs.
- Do place baby in crib with sides up, infant seats on the floor or play pens.
- Do lower hot water heater to 120° to prevent burns.
- Do use protective clothing and sunscreen when going outside.
- Don't expose your baby to tobacco smoke.
- Don't ever hit or shake your baby.
- Don't carry a baby while holding hot liquids.
- Discourage milk or juices as pacifier.
- Introduce sipper cup.
- Fluoride supplement if water not fluoridated.
- Car seat with infant facing rear.
- Protect from falls. Avoid walkers. Safety gates for stairs.
- Never leave alone in or near tubs, pool, spa.
- Should be able to sleep at least eight hours at night.
- Stranger anxiety may occur.
- May start teething.

Common Concerns: *Childproofing – Making sure your home is safe*

- Cover all electrical outlets
- Keep all cords, sharp knives, and scissors out of reach
- Put safety latches or locks on all cabinets and drawers with dangerous things such as cleaning products, alcohol, drugs, medicines, vitamins, and make up
- Make sure your home is lead free
- Put gates on all stairways

- Keep doors to the bathroom, other stairs, and outside closed tightly
- Make sure the hot water temperature in your home is under 120 degrees
- Make sure there is nothing that he/she can pull down, such as tablecloths, pots, and electrical cords
- Bolt bookcases, dressers, and cabinets to the wall
- Keep all rubber balloons, small and sharp toys, and plastic bags away from your baby
- If you own a gun, keep it unloaded and locked up. Lock bullets in a separate place
- Install window guards at all windows above the first floor
- Install smoke and carbon monoxide alarms
- Put emergency numbers next to your phone, including the poison control center, 1-800-222-1222
- Keep first aid supplies on hand

Feeding:

- Avoid Honey until 1 year of age.
- **Breast Milk:** On demand (3-5).
- **Iron Fortified Formula:** 24-32 oz divided into 3-5 feedings
- **Cereals/Breads:** Infant cereal, 1-4 tablespoons twice a day.
- **Fruit:** fresh/cooked fruits, mashed bananas, apple sauce, strained fruits. ½ cup per day.
- **Vegetable:** strained or mashed vegetables, dark yellow, orange, or green (avoid corn). ½ cup per day.
- **Protein Foods:** pureed meats (can be mixed with soft fresh fruit or apple sauce). 2-3 tablespoons per day.
- **Fruit Juice:** Infant Juice, Vitamin-C fortified adult apple juice Offer from a cup. 4 oz per day.

Call your doctor if your baby:

- Is not feeding well
- Not wetting as many diapers as usual
- Seems lethargic
- Has a reaction to immunizations (fever, rash, swelling/redness at injection site, or any other concerning symptoms)

At this visit, your baby received the following vaccines:

- 1) Pentacel: immunizes against Diphtheria, Tetanus, Pertussis, Polio, and Haemophilus Influenza Type B. This is the third of 3 doses.
- 2) Prevnar: immunizes against Pneumococcal infections. This is the third of 4 doses.
- 3) Hepatitis B: immunizes against Hepatitis B. This is the third of 3 doses.

The shots may cause some fever or fussiness for one or two days. If it does, use **TYLENOL DROPS** every four to six hours. Cool compress may be used if injection site is swollen or tender. A lump may occur at the injection site that will eventually go away.

Dose for Tylenol Infant Drops: _____ml or _____dropperfuls every four to six hours.

Next Visit: in 3 months (age 9 months)

