

6 Month Well Child Visit

Weight _____(%)

Length _____(%)

Head Circumference _____(%)

What to Expect:

Immunizations: DTaP, Hib, Pneumococcal, Rotavirus and Influenza (seasonally) vaccines

Screenings/Labs: Mom will be screened for post partum depression, TB Risk Assessment will be done

Feeding / Nutrition:

Begin to offer your baby more solids foods if they are sitting with support, opening their mouth for the spoon, and show interest when you eat. Offer iron fortified infant cereals, pureed fruits and pureed vegetables – Introduce new foods one at a time every 3-5 days. Initially offer 1-2 tablespoons of food 1-2 times/day but follow your infant's cues as to when they are full. Do not force your baby to eat or finish foods. It may take 10-15 different times of offering your baby a food to try before they will like it. Do not give honey to your baby before 1 year of age. Please discuss with your pediatrician how to introduce highly allergenic foods such as dairy, peanut, wheat, egg, soy, nuts, and shellfish.

Continue to give breast milk or iron fortified formula as well. Most babies will take 24-28 oz/day. Start to offer your baby water in a sippy cup as well so they begin to learn to drink from a cup. Continue to give Vitamin D supplement daily if you are breastfeeding your baby.

Development:

- Place your baby in a sitting position, they like to look around; some may need support while others will sit alone or propped on their hands
- Talk and sing to your baby and read books to them often. They will babble and laugh along
- Your baby should be using their hands together and passing toys back and forth in their hands
- Your baby may be starting to have some separation and/or stranger anxiety; playing peekaboo and hiding and finding objects can help with this
- Your baby should be rolling and wanting to bear weight on their legs with support

Safety Issues:

- Never leave your baby alone on high surfaces such as the changing table or bed and never leave them alone in the bathtub, even for a few seconds
- Lower the crib mattress all the way and keep the side rail up and locked at all times
- Lock up medications, cleaning supplies and chemicals- **TIME TO CHILDPROOF YOUR HOME!**
- Continue to use a rear facing car seat in the back seat – larger babies need to move into a convertible car seat by this age (check your car seat guidelines for weight and height limits)

Notes: