

## 6 Month Visit

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

Weight \_\_\_\_\_  
% \_\_\_\_\_

Length \_\_\_\_\_  
% \_\_\_\_\_

Head Circumference \_\_\_\_\_  
% \_\_\_\_\_

### FEEDING:

- Whether breast or formula feeding, your infant will likely feed 4-5 times per day.
- If your baby is primarily breast-fed, continue to give a liquid vitamin D supplement (such as D-Vi-Sol).
- If you have not started your infant on solid foods yet, this is often a good age to start. Discuss this further with your health care provider. Refer to the 4 month handout for details on starting solids.
- Continue to offer infant iron-fortified cereal, fruits, vegetables, and meats.

### ELIMINATION:

- Changing diapers may be more of a challenge now as your infant may resist being held down. Try to distract with a toy or mobile.
- There is a wide variety of normal stooling patterns, from several times a day to every few days. With the introduction of solid foods, the stools will become more solid, variable in color, and have a stronger odor.

### SLEEP:

- Put your baby to bed awake to help your baby learn to fall asleep on his or her own.
- If your baby is still waking in the night, resist feeding or playing with him or her. Discuss strategies for sleep training with your health care provider.
- Most babies at this age will sleep through the night and nap 2 times a day.

### TYPICAL DEVELOPMENTAL MILESTONES:

- Holds head steady when pulled up to sit, rolls over, sits with support.
- tries to pick up small objects with a raking movement; transfers objects from one hand to the other.
- Communicates with babbling (such as ba/da/ma); initiates "conversations", plays by making sounds.
- Initiates social contact; recognizes and may show preference to primary caregivers; may show displeasure when a caregiver walks away or a toy is taken away.

## **SAFETY:**

- Always use a rear-facing car-seat installed correctly in the back seat for travel.
- Never leave your baby unattended on a high surface, for even a moment, as babies move quickly at this age.
- Your baby will become much more mobile in the next 3 months, so prepare by childproofing your home now; lock cabinets which contain household cleaners and medications, cover electrical outlets, place gates at stairways, remove any small objects from your infants reach (buttons, pins, coins, etc...).
- Do not use an infant walker; serious injuries occur with these.
- If outdoors, apply sunscreen with a minimum SPF of 15.

## **FURTHER READING:**

Caring for Your Baby and Young Child

Birth to Age 5 (AAP) or Your Child's

Health (Barton Schmitt)

The Nursing Mother's Companion

(Huggins)

What to Expect The First Year

(Eisenberg et. al)

[www.healthychildren.org](http://www.healthychildren.org)

## **DOSING OF ACETAMINOPHEN INFANT ORAL SUSPENSION (160 mg/5mL):**

12-17 pounds = 2.5 mL (80 mg)

18-23 pounds = 3.75 mL (120 mg)

## **TODAY'S IMMUNIZATIONS:**

- Pentacel #3 (DaPT, IPV, HiB),  
Pevnar#3 and RotaTeq #3
- Influenza if fall/winter season

## **WHAT'S NEXT?**

- Next Check-Up is at 9 months.
- Your baby will receive a physical exam and the Hepatitis B vaccine. The influenza vaccine will also be given if it is fall/winter season (and not given today).