



**Southeastern
Pediatric**
ASSOCIATES, P.A.

6 Month Well Visit



At this visit, your doctor will...

- Check baby's weight, length and head circumference
- Do a physical exam with your baby undressed while you are present
- Discuss baby's development
- Address any concerns/questions you may have
- Immunizations: 6 Month scheduled vaccines (see Immunization Schedule)
(consider giving baby Tylenol just before this well visit - see Medication Dosing Chart)

Feeding

- Most babies have doubled their birth weight, and growth will begin to slow down.
- If you are still breast feeding, continue as long as you both like.
- If you are formula feeding, continue.
- If you haven't already, it's time to introduce solids.
- Signs that your baby may be ready for solids are: Sits with support, good head and neck control, interest in the foods you eat, opens mouth for a spoon.
- Start with iron-fortified single-grain cereal or puréed meat. (see Solid Foods Guide)
- Let your doctor know if your baby has had any reactions (such as throwing up, diarrhea, or a rash) to a new food. Breast milk and formula still provide most of your baby's nutrition.
- You may notice a change in your baby's poopy diapers after you introduce solids. The color and consistency may vary depending on what your baby eats. Let your doctor know if stools become hard, dry, or difficult to pass or if your baby has diarrhea.

Tips

- Call on others for help
- Encourage your partner to care for baby
- Spend time socially with your partner, family and friends. Consider forming a parent group.
- Choose a mature, responsible caregiver or babysitter
- Talk with us about your child care choices

Sleeping

- At 6 months, infants sleep about 12 to 16 hours per day, including two or three daytime naps. Most babies sleep for a stretch of at least 6 hours at night.
- Continue to put baby to sleep on his/her back in a crib that meets current safety standards (www.cpsc.gov) with a firm mattress without any bumpers, blankets, quilts, pillows, or plush toys. Crib should not have a drop-side rail, and slats should be no more than 2 3/8 inches apart.
- Between 6 and 9 months, babies who previously slept through the night may start waking up. Allow some time for your baby to settle back down. If fussiness continues, offer reassurance that you're there, but try not to pick up, play with, or feed baby.
- Now is a good time to lower baby's mattress all the way.

Routine Baby Care

- Notice what helps to calm your baby: patting, rocking, talking, going for walks, sucking fingers or pacifier, etc.
- Continue routines for feeding, sleeping, bathing and playing daily
- Keep baby out of the sun (sunscreen is not recommended before 6 months old)

Healthy Teeth

- You may notice more teeth beginning to erupt in baby's mouth. If your baby has pain, use a cold teething ring. Talk to your doctor before giving acetaminophen for pain.

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures



- Continue to clean baby's gums and teeth as soon as you see the first tooth. Use a soft cloth or toothbrush with a small smear (size of a grain of rice) of fluoride toothpaste.
- Do not give a bottle in bed or prop the bottle.
- Have regular times for baby to eat. Do not let him/her eat all day.

Development

- Place baby so he/she is sitting up and can look around.
- Talk with your baby.
- Read books together.
- Play interactive games such as peekaboo and patty cake. Name baby's features as you touch them (Ex. hand, nose, ears, mouth, etc).
- Encourage active play: Offer child-safe mirror, floor gyms and colorful age-appropriate toys.
- Limit screen time for your baby; TV, videos, etc. aren't recommended for babies this young.

By 6 months*, it's common for many babies to:

- look up when their name is called
- say "ba," "da," and "ga" and start to babble ("babababa")
- Reach for and grasp objects
- Use the fingers to rake and pick up objects
- pass an object from one hand to the other
- roll over both ways (back to front, front to back)
- sit with support

*All babies develop at different rates, and meet developmental milestones differently. Talk to baby's doctor if you have any concerns.

Medication

- Always follow the advice of your doctor when giving any medication.
- Use our Medication Dosing Chart as a guideline for the appropriate dose of Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) to give baby.

Poison Help: 1-800-222-1222

When to Call

Fever: Rectal temperature above 100.4°
If you suspect that your baby is not acting normal for any reason

Safety

Car Safety

- Always use a car safety seat properly. Place the seat rear-facing in the back seat, and never in the front seat with a passenger airbag.
- Never leave baby alone in the car
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs

General Safety

- Do not leave baby unattended
- Never leave a baby alone with siblings or pets, in the bath, on a changing table, or any other raised surface
- Place gates on stairs, and close doors to rooms where baby might get hurt
- Don't leave hot irons or hair care appliances plugged in
- Keep small objects such as balloons, bags, toys from other children away from baby
- Never feed baby hard pieces of food such as raw carrots, hot dogs, grapes, apples, peanuts, and popcorn
- Make sure your home's water temperature is set to below 120°F
- Do not carry or drink hot liquids while holding baby
- Test baby's bath water and formula temperature with your wrist
- Do not use a baby walker as they are more likely to cause accidents
- The kitchen is a dangerous place. Avoid letting baby crawl in kitchen by using a playpen or high chair. Turn pot handles inward on the stove.
- Lock up all cleaning cleaning supplies, medicine, and poisons. Call Poison Help if your baby eats them.

Date:

Weight:

Next Visit: **9 Month Well Visit**

For information on 9 Month Well Visit:
www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures