

Six Months



DATE _____
HT. _____
WT. _____

SHOTS TODAY

- Pediarix
- Hib
- Prevnar

Next shots at 12 and 15 mos.

Next visit @ 9 months

Tylenol dose ___droppers/___ml.

THINGS YOU MIGHT SEE TODAY

- Sitting alone 
- Teething (?)
- Trying to crawl
- Everything goes in mouth

ACCIDENT PREVENTION

- Use a car seat - facing rear
- **Do not leave baby unattended anywhere**
- Walkers are dangerous
/ Jumpers not so bad
- Water temperature $\leq 120^{\circ}$

THINGS TO EXPECT

- Crawling
- Pulling to stand
- Separation/Stranger fear
- Cruising (walking holding onto furniture)

Feeding

It's okay to try some **finger foods** if you've been spoon-feeding solids for a little while. Crackers, cookies, teething biscuits are typical finger foods. Nothing to choke on - grapes, hard candy, peanuts, popcorn, hot dogs, use your common sense. Gagging is not choking. Relax. Know how to take care of choking, but getting better at not gagging is a learning process.

If you haven't started solids, now is the time. Look back at the 4-month sheet for order of intro, etc. Go at your own and baby's pace.

Table foods like mashed potatoes are OK, but beware, your baby may like them better than baby food and then your job gets harder! **Foods to avoid:** **Honey** and **peanut products** until one year. (Tell me if there is a family history of food allergy.)

Offer a cup with water, maybe in the tub, no top at first, then increase the obstacles between the liquid and the baby as the baby is successful.

Development

The floor is the place to be. A few minutes in an exersaucer or jumper are OK, but the floor is where the baby learns to crawl, pull up, and stand. **Be careful of babies falling off beds at ~7 months (your bed, not theirs).**

Sleep

If your baby is sleeping well. congratulations! If your baby was sleeping all night and now isn't, the reason is often one of the following - virus, vacation, visitor, or teeth. It ain't hunger! Just because the baby will eat does not mean he/she's waking for that reason. Feeding will keep you getting up every night as a habit. Don't feed, don't even go into the baby's room, let the baby fall back asleep without your help and the problem will go away in a couple of nights. The less consistent you are, the longer the problem will last. Please tell me the baby is NOT still sleeping in your room!