

# 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!