

## **YOUR BABY AT 6 MONTHS**

### ***FEEDINGS***

Breast milk and/or commercially prepared formula is still required. Cow's milk is not recommended until after one year of age. Twenty-four ounces in a 24 hour period is the maximum amount recommended. Your baby may consume much less than this amount as solids are consumed. Solids should continue to be introduced as was discussed in the 4- month handout. All babies are ready for solids by this time. Do not feed honey to young infants.

### ***DEVELOPMENT***

At this age most babies sit without support, can support weight on their legs for a short time, may rock on their hands and knees, and make sounds. Babies need "floor time" to develop muscle groups necessary for crawling.

### ***MEDICATIONS***

Do not give any medications other than those prescribed by your pediatrician. Most municipal water supplies now add fluoride, so supplementation is not necessary. If your drinking water is from a well, you probably need supplemental fluoride: please let us know if this is the case. (If you are uncertain whether your water supply is fluoridated, call your utility company.)

You can give acetaminophen (i.e. Infant Tylenol) for simple fever such as may occur after immunizations or with minor illnesses. Use the following dose schedule according to weight:

10 - 12 lbs. - 0.6 ml every 4 hours

12 - 17 lbs. - 0.8 ml every 4 hours

18 - 23 lbs. - 1.2 ml every 4 hours

### ***SLEEP***

Six months is when separation anxiety usually begins. Provide a friendly, soft toy as a crib companion or transitional object. As we suggested at 4 months, make middle-of-the-night interactions brief and boring. Do not offer feedings. For fearful babies, make middle-of-the-night contacts prompt and reassuring. For mild nighttime fears, check on your child promptly and be reassuring, but keep the interaction as brief as possible and try to not pick the child up and remove him from the crib. Do not turn on the light, and limit talking to a minimum.

### ***COMMON CONCERNS***

Colds and congestion - As your infant grows and is exposed to other children (particularly if in daycare), upper respiratory infections ("colds") may be frequent. These illnesses are much more frequent in the winter-time.

**Remember, good hand washing is the best thing you can do to avoid getting sick.**

Safety - Your infant is becoming more mobile and constant supervision and safety precautions are critical. Start child-proofing your house.

### ***RECOMMENDATIONS***

Make sure you are using your car seat correctly and at all times, and take a course in safety and infant CPR. Have the number for **The Poison Information Center** available: **1-800-222-1222**

Let your baby be curious ... this is how he learns.

Keep small objects out of reach, and always think safety.

Begin dental care if your baby has teeth - a soft baby toothbrush is good, but only use toothpaste designed for young children. (Babies swallow the toothpaste and may get too much fluoride if regular toothpaste is used.)

Never leave your baby unattended.

At this age you may start using infant sunscreen.

### ***IMMUNIZATIONS***

Dr. Elias or Dr. Lacy will discuss with you which immunizations your baby will receive today.

- DTaP (Diphtheria, Tetanus, acellular Pertussis,)
- IPV ( Inactivated Polio vaccine)
- Hib (Haemophilus Influenza B - a bacteria germ that causes meningitis)
- Pneumococcal (Streptococcus pneumonia - a bacteria germ that causes meningitis)
- Rotavirus (a virus that causes severe vomiting and diarrhea) \* this is an oral vaccine
- Flu (seasonal) - influenzae "flu" is recommended for all babies > 6mos and is given in the fall

**Please review the immunization schedule and handouts before coming to your 9 month visit**

(available on the website under vaccine section)

TODAY'S WEIGHT: \_\_\_\_\_

LENGTH: \_\_\_\_\_

H C : \_\_\_\_\_

SPECIAL INSTRUCTIONS: