



WHAT HAPPENS AT THE 6 MONTH VISIT?



MY NOTES AND QUESTIONS

Exam

- Record length, weight, and head circumference
- Check soft spots, skull development, skin sensitivities, heart, lungs, abdomen, hands, feet, muscle tone, strength, incoming teeth, ability to track with eyes, and movement of legs and hips
- Assess development including ability to hold and move head, reach for objects, and grasp and let go of objects

Milestones

- Sits with support
- Rolls both ways
- Passes objects hand to hand
- Reaches for toys
- Raking hand patterns
- Turns to voice
- Makes syllable sounds

Immunizations

- Pentacel (DTaP, Hib, Polio)
- Prevnar 13
- Rotateq (Rotavirus)

Screenings

- Ages and Stages



GREEN TREE PEDIATRICS

MY 6 MONTH VISIT

(child's name)

Has an Appointment on

(date)



FOCUS ON NUTRITION

Signs your baby is ready for solid foods:

- Tongue-thrust reflex is diminished or has disappeared
- Supports own neck
- Expresses interest in food
- Needs more frequent feedings

Reasons to delay solids:

- Family history for food allergies
- Premature birth
- If your baby doesn't want cereal the first time it is offered

Introducing solids:

- Introduce 1 food at a time
- Wait 2-3 days to add a new food
- Begin with cereal, then pureed fruits, veggies, and meat
- Only use baby food or fresh pureed food since they will not have unnecessary salt, sugar, and other additives
- If your baby doesn't like something, wait a few days and try again
- Begin with 1-2 teaspoons 1-2 times/day



STIMULATING HEALTHY DEVELOPMENT

- Talk a lot with your baby by labeling body parts and foods, singing songs, and narrating what is happening. Give your baby time to respond
- Create a safe environment for exploration. Make sure only safe objects are within the baby's grasp and objects the baby might use to pull up are sturdy and fastened to the floor or wall
- Develop routines so that your baby learns to anticipate what happens next
- Play games with repetition like patty cake or peek-a-boo
- Provide lots of tummy time. Half the time the baby is awake should be spent on his/her tummy
- Give more complex toys such as containers, stacking toys, and plastic bath books
- Give your baby some time to play alone each day



SAFETY CHECK



- Review "Safety Check" advice from prior pamphlets
- ALWAYS follow the safety directions and buckle your baby in shopping cart seats to avoid head injuries
- Lower crib mattress
- Keep home and car smoke-free
- Continue "baby-proofing" the house by keeping cords and plastic bags out of reach
- Feed only Stage 1 or Stage 2 baby food
- Empty tub and buckets immediately after use. Watch your baby very closely near water, and keep temperature <120°
- Know signs of illness, such as a fever >100.5°, rash, unusual irritability, lethargy, failure to eat, dehydration, vomiting, diarrhea