

6 Months

Name _____
 Today's Length _____ Percentile _____
 Today's Weight _____ Percentile _____
 Today's Head Circumference _____

A note about percentiles- this information is used to follow your child over time. Your child should follow their own growth curve, as each child is different!



Acetaminophen Dose: _____ Every four hours for pain or fever

Ibuprofen Dose: _____ Every six hours for pain or fever

Feeding your 6 month old

By now your child should be starting solids as well as continuing breast milk or formula. You may introduce water, either with a sippy cup or bottle- up to 6 oz. per day. Stage one and fruits and vegetables are appropriate, or you can make your own baby foods. Do not home prepare carrots, beets, or collard greens. Foods to AVOID include all nuts (ESPECIALLY PEANUTS/ PEANUT BUTTER), honey, seafood, and shellfish. These foods may cause serious allergic reactions. He/ she may have full fat yogurt, such as Yo- Baby, as well. Feeding solids should slowly increase. By the age of 9 months, a baby should be eating solids three times a day. Finger foods such as Gerber puffs may be introduced between 8 and 9 months of age.

Development

Your baby may be babbling, discovering his/ her feet, reaching and mouthing objects, and rolling over. Notice that your child is able to transfer a toy from one hand to the next, and encourage your child to play with age- appropriate toys. He or she can wear flexible tennis shoes- leather high tops are expensive and unnecessary. No shoes is fine, too! Your child should be able to sit without support by nine months.

Safety Concerns

Baby proof your home *before* your child begins to crawl. Look at your environment at the level of your infant- from the floor up- to find possible hazards. All cleaning supplies and chemicals should be locked in cabinets, and medications should never be within baby's reach. Keep secure gates at the top and bottom of stairs. Set the temperature on the water heater to 120° or lower to prevent accidental burns. All electrical outlets should be covered and cords hidden from the baby's reach. Your baby's car seat should continue to face backwards. Keep the number for Poison Control near the phone: 1-800-222-1222. Smoke and Carbon Monoxide Detectors need to be checked twice a year. We do not advise the use of walkers- these can cause serious injury to your baby.

Sleeping

Sleeping difficulties are common at this age. Introduce bed time routines and transitional objects, such as blankies or stuffed animals. Keep night time waking quiet and calm, discourage night time feeding more than twice.

Parent Concerns

It's normal for a baby's appetite to decrease at this age. As your baby develops, he/ she will become more assertive. Establish limits to ensure your child's safety- using redirection or diversion at this age works well.



Our Office Hours:

Mon 8:00am- 6:00pm

Tues 8:00am- 7:00pm

Weds 8:00am- 7:00pm

Thurs 8:00am-7:00pm

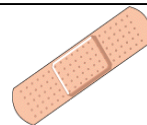
Fri 8:00am- 5:00pm

Sat 9:00am- 1pm

Sun 9:00am- 12pm

** Please note there are no walk- in sick hours on Saturday and Sunday**

Today's Immunizations!



Congratulations! You've decided to protect your child with the recommended vaccinations. Today's vaccines are: DTaP (diphtheria, tetanus, pertussis), Rotavirus, Pneumococcal, and Polio. As with any vaccine, low grade fever (below 101), irritability, and pain at the injection site are common side effects. You can give your child acetaminophen (Tylenol) for pain and fever, and use cold compresses for comfort. Call our office if your child has a fever over 101 rectally, becomes very pale or limp, or cries inconsolably for longer than 3 hours.

Kids First Pediatric Partners

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