



Pediatric Clinic  
 PATIENT EDUCATION HANDOUTS

## Fort Carson Six Month Well Baby Visit

### Development

Between 6 and 9 months you will notice your baby doing the following:

- \*sits without support by 7-8 months; gets to sitting by self at 9-10 months
  - \*pulls to standing by 9-10 months
  - \*crawls by 8-10 months
  - \*begins to drink from cup; holds bottle by 7-8 months
  - \*uses thumb and finger grasp by 10-11 months
  - \*transfers objects well; bangs objects together
  - \*teeth erupt at 6-9 months
  - \*vocalizes consonants: ga, da, ba, ma
  - \*learns pat-a-cake and “so big”
  - \*says mama and dad non-specifically
  - \*understands permanence of objects (looks for object that has fallen)
  - \*laughs and teases
  - \*enjoys inclusion in social activities
  - \*may start to show stranger anxiety
- Activities for You and Your Baby
- \*play pat-a-cake, peek-a-boo, “so big”
  - \*play with stacking toys, blocks larger than 2-3 inches, push toys, containers to fill and empty
  - \*place a toy out of reach and encourage baby to get toy by crawling on hands and knees
  - \*look at picture books with baby
  - \*sing to baby and talk with baby
  - \*provide noise-making and musical toys
  - \*activity boxes
  - \*Start reading to your child.

Today's Date \_\_\_\_\_ Age \_\_\_\_\_

Weight \_\_\_\_\_ # \_\_\_\_\_ oz

Height \_\_\_\_\_ ” \_\_\_\_\_

Head circumference \_\_\_\_\_ cm

### Feeding

\*Breast feed (mom should continue prenatal vitamins) or use formula with iron (average baby takes 24-32 ounces per 24 hours) until one year of age; Don't use follow up formula.

\*finger feeding begins when baby is developmentally ready: has swallowing, chewing, and self-feeding skills

\*good finger foods: soft fruit wedges, bite-sized pieces of chopped foods, shredded chicken, well cooked carrots or pieces of baked potato, bread, unsweetened cereal-ex cheerios

\*avoid foods that could cause choking: hot dogs, peanuts, popcorn, raw vegetables

\*avoid high allergy foods like, egg, citrus, berries, peanut butter

\*avoid honey due to risk of botulism

\*check is your water is fluoridated, if not let your doctor know

\*NO cow, soy, or goat's milk.

\*DON'T start whole cow's milk until 12 months of age

## **Immunizations Today**

\*Pediarix #3 (DtaP --Diphtheria, Tetanus, and Acellular Pertussis, IPV--Polio, Hepatitis B)

\*Prevnar #3 (Pneumococcal vaccine)

\*Your child may have a fever, be a bit irritable, have a rash, swelling/pain at the injection site. You can give your infant Tylenol as directed by your doctor for these symptoms.

## **Safety**

\*always use a car seat

\*\*babies must stay in rear-facing car seats until they are 12 months old AND over 20 lbs.

\*do not use walker because it is dangerous and can delay walking

\*Baby-proof your home → crawl on floor to see dangers at baby's level, evaluate safety at babysitters' and grandparents' homes as well

\*put houseplants out of reach

\*check furniture for sharp corners

\*install window guards above ground level

\*cover electrical outlets and place electrical cords out of reach

\*put gates on all stairs

\*consider cabinet and drawer locks for dangerous items; better yet, put them way up out of reach behind closed door

\*Poison Control number: 1-800-222-1222

\*set water heater no hotter than 120 degrees F

\*make sure smoke alarms are in working order

\*never leave baby alone near any water

\*keep bathroom doors closed with baby outside

\*provide protection from exposure to sun

## **Dental Hygiene**

\*begin brushing or wiping the teeth with plain water as soon as the first tooth erupts

\*never put baby to bed with a bottle; it can cause the baby's teeth to decay

**Your baby's next regular well child visit is at 12 months of age.**

**Please bring your child's shot records to every well baby appointment or physical.**

**Appointment Line: 526-2273/524-2273**

**Pediatric Clinic front desk 526-7653.**

**Family Practice Clinic 524-4068**