



# Parent Handout Six Month Visit



Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_ Head Circumference \_\_\_\_\_ Temp \_\_\_\_\_

### Feeding Your Baby

• Most babies have doubled their birth weight • Your baby's growth will slow down. • If you are still breastfeeding, that's great! Continue as long as you both like. • If you are formula feeding, use an iron fortified formula. • You may begin to feed your baby solid food when your baby is ready. • Some of the signs your baby is ready for solids • Opens mouth for the spoon. • Sits with support. • Good head and neck control. • Interest in foods you eat.

### Starting New Foods

• Introduce new foods one at a time. • Iron-fortified cereal • Good sources of iron include • Red meat • Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well. • Offer 1–2 tablespoons of solid food 2–3 times per day. • Avoid feeding your baby too much by following the baby's signs of fullness. • Leaning back • Turning away • Do not force your baby to eat or finish foods. • It may take 10–15 times of giving your baby a food to try before she will like it. • Avoid foods that can cause allergies— peanuts, tree nuts, fish, and shellfish. • To prevent choking • Only give your baby very soft, small bites of finger foods. • Keep small objects and plastic bags away from your baby.

### How Your Family Is Doing

• Call on others for help. • Encourage your partner to help care for your baby. • Ask us about helpful resources if you are alone. • Invite friends over or join a parent group. • Choose a mature, trained, and responsible babysitter or caregiver. • You can talk with us about your child care choices.

### Healthy Teeth

• Many babies begin to cut teeth. • Use a soft cloth or toothbrush to clean each tooth with water only as it comes in. • Ask us about the need for fluoride. • Do not give a bottle in bed. • Do not prop the bottle. • Have regular times for your baby to eat. Do not let him eat all day.

### Your Baby's Development

• Place your baby so she is sitting up and can look around. • Talk with your baby by copying the sounds your baby makes. • Look at and read books together. • Play games such as peekaboo, patty-cake, and so big. • Offer active play with mirrors, floor gyms, and colorful toys to hold. • If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes. • Put your baby to bed when she is sleepy but still awake.

**Crib/Playpen** • Lower the crib mattress all the way when your baby begins to stand. • Use a crib with slats close together—2 3/8 inches apart or less. • When your baby is in the crib, make sure the drop side is up. • Don't use loose or soft bedding. • Use a mesh playpen with weaves less than 1/4 inches apart.

### Safety

• Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips. • Never put your baby in the front seat of a vehicle with a passenger air bag. • Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas. • While in the kitchen, keep your baby in a high chair or playpen. • Do not use a baby walker. • Place gates on stairs. • Close doors to rooms where your baby could be hurt, like the bathroom. • Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower. • Turn pot handles inward on the stove. • Do not leave hot irons or hair care products plugged in. • Never leave your baby alone near water or in bathwater, even in a bath seat or ring. • Always be close enough to touch your baby. • Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

### Vaccines Administered Today:

DTaP   IPV   Hep B   HiB   Prevnar20   Rotavirus

Infant's Tylenol dosage: \_\_\_\_\_ Infant's Motrin dosage: \_\_\_\_\_