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6 MONTH VISIT

Date of Visit: _____

Height: _____

Weight: _____

Head Circumference: _____

DEVELOPMENTAL MILESTONES (obtained from MedlinePlus):

Physical and motor-skill markers:

- Should have doubled birth weight (birth weight often doubles by 4 months, and it would be concerning if it hasn't happened by 6 months)
- Able to lift chest and head while on stomach, bearing the weight on hands (often occurs by 4 months)
- Able to sit in a high chair with a straight back
- Beginning of teething
- Increased drooling
- Able to bear almost all weight when supported in a standing position
- Able to roll from back to stomach
- Able to hold own bottle (but many babies won't do it, or do it only for short periods)
- Able to pick up a dropped object

Sensory and cognitive markers:

- Vision is between 20/60 and 20/40
- Can locate sounds not made directly at the ear level
- Prefers more complex sound stimulation

- Starts to imitate sounds
- Sounds resemble one-syllable words
- Enjoys hearing own voice
- Makes sounds to mirror and toys
- Begins to fear strangers
- Recognizes parents
- Begins to imitate actions
- Begins to realize that if an object is dropped, it is still there and just needs to be picked up

Play recommendations:

- Provide a mirror that is unbreakable
- Provide large, bright colored toys that make noise or have moving parts
- Play peek-a-boo
- Provide paper to tear
- Speak clearly
- Imitate words such as "mama" to facilitate learning of language
- Start naming parts of the body and the environment
- Use the word "no" INFREQUENTLY
- Use body movements and actions to teach language

VACCINES:

Diphtheria, Tetanus and Acellular Pertussis

Prevnar (Pneumococcal Vaccination)

Hemophilus Influenzae Type B

DIETARY EXPECTATIONS (obtained from www.kidshealth.org):

This is the time when most infants are introduced to solid foods. Start with vegetables (the yellow ones first). If you start with fruits, your child may develop a sweet tooth and there goes the dream of them later eating Brussel sprouts. Your baby may take a little while to "learn" how to eat solids. During these months you'll still be providing the usual feedings of breast milk or formula, so don't be concerned if your baby refuses certain foods at first, or doesn't seem very interested in food. It may just take some time.

HOW TO START SOLIDS:

When your baby is ready and the doctor has given you the OK to try solid foods, pick a time of day when your baby is not tired or cranky. You want your baby to be a little hungry, but not all-out starving; you might want to let your baby breastfeed a while, or provide part of the usual bottle. Have your baby sit supported in your lap or in an upright infant seat. Infants who sit well, usually around 6 months, can be placed in a high chair with a safety strap.

Once your infant gets the hang of eating cereal off a spoon, it may be time to introduce a fruit or vegetable. When introducing new foods, go slow. Introduce one food at a time and wait several days before trying something else new. This will allow you to identify foods that your baby may be allergic to.

FOODS TO AVOID FOR NOW:

Some foods are generally withheld until later. Do not give eggs, cow's milk, citrus fruits and juices, and honey until after a baby's first birthday. Eggs (especially the whites) may cause an allergic reaction, especially if given too early. Citrus is highly acidic and can cause painful diaper rashes for a baby. Honey may contain certain spores that, while harmless to adults, can cause botulism in babies. Regular cow's milk does not have the nutrition that infants need. Fish and seafood, peanuts and peanut butter, and tree nuts are also considered allergenic for infants, and shouldn't be given until after the child is much older, depending on whether the child is at higher risk for developing food allergies. A child is at higher risk for food allergies if one or more close family members have allergies or allergy-related conditions, like food allergies, eczema, or asthma.

Possible signs of food allergy or allergic reactions include:

- ∞ rash
- ∞ bloating or an increase in intestinal gas
- ∞ diarrhea
- ∞ fussiness after eating

For more severe allergic reactions, like hives or breathing difficulty, get medical attention right away. If your child has any type of reaction to a food, don't offer that food until you talk with our office.

MORE TIPS FOR STARTING SOLIDS:

With the hectic pace of family life, most parents opt for commercially prepared baby foods at first. They come in small, convenient containers, and manufacturers must meet strict safety and nutrition guidelines. It's a good idea to avoid brands with added fillers and sugars.

If you do plan to prepare your own baby foods at home, pureeing them with a food processor or blender, keep these things in mind:

- ∞ Protect your baby and the rest of your family from foodborne illness by following the rules for food safety (including frequent hand washing).
- ∞ Try to preserve the nutrients in your baby's food by using cooking methods that retain the most vitamins and minerals. Try steaming or baking fruits and vegetables instead of boiling, which washes away the nutrients.
- ∞ Freeze portions that you aren't going to use right away rather than canning them.
- ∞ Avoid home-prepared beets, collard greens, spinach, and turnips. They can contain high levels of nitrates, which can cause anemia in infants. Serve jarred varieties of those vegetables.

Whether you buy the baby food or make it yourself, remember that texture and consistency are important. At first, babies should have finely pureed single foods. (Just applesauce, for example, not apples and pears mixed together.) After you've successfully tried individual foods, it's OK to offer a pureed mix of two foods. When your child is about 9 months old, coarser, chunkier textures are going to be tolerated as he or she begins transitioning to a diet that includes more table foods. If you are using commercially prepared baby food in jars, spoon some of the food into a bowl to feed your baby. Do not feed your baby directly from the jar, because bacteria from the baby's mouth can contaminate the remaining food. It's also smart to throw away opened jars of baby food within a day or two.

Juice can be given after 6 months of age, which is also a good age to introduce your baby to a cup. Buy one with large handles and a lid (a "sippy cup"), and teach your baby how to maneuver and drink from it. You might need to try a few different cups to find one that works for your child. Use water at first to avoid messy clean-ups. Serve only 100% fruit juice, not juice drinks or powdered drink mixes. Do not give juice in a bottle and remember to limit the amount of juice

your baby drinks to less than 4 total ounces (120 ml) a day. Too much juice adds extra calories without the nutrition of breast milk or formula. Drinking too much juice can contribute to overweight and can cause diarrhea. Infants usually like fruits and sweeter vegetables, such as carrots and sweet potatoes, but don't neglect other vegetables. Your goal over the next few months is to introduce a wide variety of foods. If your baby doesn't seem to like a particular food, reintroduce it at subsequent meals. It may take quite a few tries before your child warms up to certain foods.