

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Six (6) Month Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Feeding

If you haven't started your baby on baby foods (other than cereal), you can start now. Begin with vegetables and then add fruits. Start one new food at a time for a few days to make sure your baby digests it well. Do not start meats until your baby is 9 to 10 months old. Do not give foods that require chewing. Don't start eggs, citrus, wheat or whole milk until age 12 months. At meals, give the baby formula, or breast-feed your baby after giving baby food.

Your baby should continue having breast milk or infant formula until he is 1 year old. Your baby may soon be ready for a cup although it will be messy at first. Try giving a cup occasionally to see if your baby likes it.

Make cereal with formula or breast milk only. Use a spoon to feed your baby cereal. Do not put cereal in a bottle. Sitting up while eating helps your baby learn good eating habits. Do not feed your child egg whites, orange juice, or small hard foods such as peanuts.

Development

Your baby is becoming more sociable and easily amused. He will reach out to you. He will show interest in other children and will cry when a favorite person leaves the room. He may not be sociable toward strangers and may push them away.

Your baby may start learning some memory tricks such as bye-bye, pat-a-cake or peek-a-boo. His first teeth may appear before your next appointment. Teething may cause some temporary discomfort which can be soothed with Temptra or a babysitter. There are a number of products available at the drug store which are of questionable help.

At this age, babies are usually rolling over and beginning to sit by themselves. Babies squeal, babble, laugh and often cry very loudly. They may be afraid of people they do not know. Meet your baby's needs quickly and be patient with your baby.

Sleep

Six-month olds may not want to be put in bed. A favorite blanket or stuffed animal may make bedtime easier. Do not put a bottle in the bed with your baby since this can lead to tooth decay or ear infections. Develop a bedtime routine like playing a game, singing a lullaby, turning the lights out and giving a goodnight kiss. Make the routine the same every night. Be calm and consistent with your baby at bedtime. Remember, no rocking or feeding your baby before bedtime. If your baby wakes up, briefly check to make sure he is okay. Do not take him out of the crib. It's okay to let him cry himself back to sleep.

Car Safety

Babies need to be in an approved car seat and stay rear facing until 20 pounds and 12 months of age.

Immunizations

At the 6 month visit, your baby should have a:

- * DPT (diphtheria, pertussis, tetanus) shot
- * Polio shot
- * Hib (Haemophilus influenza type B) shot
- * Pneumococcal
- * Rotavirus
- * Hepatitis B shot

Some of these vaccines come mixed together in the same shot, so your baby will not have to have 4 or 5 separate shots.

Your baby may run a fever and be irritable for about a day after the shots. Your baby may also have some soreness, redness, and swelling where the shots were given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call for an appointment. Offer _____mg of acetaminophen (Tylenol) every 4 to 6 hours, as needed for pain and/or fever.

Call us If:

- Your child has a rash or any other reaction besides fever and mild irritability
- Your child has a fever that lasts more than 36 hours

Next Visit

Your baby's next routine visit is at nine (9) months of age. Your child will get the next set of immunizations. Please bring your shot record to each visit.