

# THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

## PETERKORT

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### AGE SIX MONTHS

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

Wt: \_\_\_\_\_ lb \_\_\_\_\_ oz \_\_\_\_\_ %

Ht: \_\_\_\_\_ in \_\_\_\_\_ %

Head: \_\_\_\_\_ cm \_\_\_\_\_ %

**Next physical appointment is in 3-6 months.**

Special instructions:

**DEVELOPMENT:** Your baby should soon roll over, scoot around, sit with some support, and stand with you supporting his chest. With his hands he will reach for and grab objects, transfer a toy from one hand to the other, and might be able to hold his own bottle. He will turn to sounds he can't see, might respond to his name, squeal and scream when happy, imitate sounds, and babble in consonants. He might be anxious around strangers or when separated from you.

**FEEDING AND DIET: (See solid food handout)** Breast milk or iron-fortified formula should be given for the first 12 months of life. These will continue to be the primary source of nutrition for the next several months. Six months is a good age to start solids if you have not already done so. Begin with rice cereal mixed with breast milk, formula, or water, and offer it with a spoon. After a few weeks you can then begin to add pureed vegetables and fruits. Just give one new food at a time, waiting 4-7 days before trying something else new. Do not add extra salt or sugar to these foods. Give mixed foods only after you have given the ingredients separately. If your child does not seem to like something, try it again in a few days or mix it with something she likes. At 8-10 months you can begin to introduce other foods such as meats and yogurt. When your child begins to pick things up with her pointer finger and thumb, she is ready to try finger foods like cheerios, pasta, cooked peas, small pieces of fruit, and cheese. If gagging occurs, wait several weeks, and try again. Avoid honey, cow's milk, egg whites, chocolate, nuts, peanut butter, and shellfish until at least one year old. Acidic foods like strawberries, raspberries, oranges and tomatoes may cause a rash in the first year of life and should also be postponed.

Start to offer a sipper cup with either pumped breast milk, formula or water. Remember, feeding time will be messy. Be patient with your child. Feeding time is a social event. Include your baby at family meals, and develop the habit of eating as a family at the table.

**DENTAL:** If you do not have fluoride in your water, your pediatrician will give you a prescription for fluoride drops, which should be given daily. It is best not to give fluoride at the same time as milk products as this will interfere with fluoride absorption. Your baby's first teeth usually come in between 4-12 months of age. Teething does not cause high fever or diarrhea. It might cause drooling and some irritability. Try a cool teething ring, topical numbing medicine or acetaminophen if your baby seems too uncomfortable with teething. Wipe your baby's teeth and gums daily with a soft cloth. It is not necessary to introduce a toothbrush or toothpaste yet.

**SHOES:** Your child does not need shoes to become a good walker. Bare feet are the best for learning to walk. Shoes are used to protect the feet from sharp and painful objects and to keep the feet warm. The ideal shoe is soft and bendable with a non-slippery sole.

**SLEEP:** Nighttime awakening can be a problem now. If your child awakens and cries out, check on safety and comfort, and allow him to get back to sleep. Do not encourage play or give milk or juice. Infants might resist going to sleep due to separation anxiety. Begin to establish a peaceful bedtime routine. Put your baby in bed awake or drowsy. Remember, no bottles in bed.

**PLAYTIME:** Your baby will soon enjoy playing peek-a-boo or pat-a-cake and playing in front of a mirror. Squeak toys, bath toys and plastic stacking cups are good choices. Avoid toys with sharp edges or small removable parts, because everything will go into your baby's mouth. Talk to your baby, and she will talk to you. Walkers can be dangerous and are discouraged. Babies need "floor time" to learn to move around.

**IMMUNIZATIONS:** During the first year of life your child will receive the primary series of DTaP, Hib, Polio, Pneumococcal and Hepatitis B vaccines. The most current national immunization program vaccine information sheets will be given at each visit for the immunizations your child will be receiving at that visit. Please read them carefully so you understand the benefits and possible side effects. Common reactions include fever, soreness, fussiness and sleepiness. Some children have no reaction at all. You should call our office if your baby is fussy or has fever for more than 48 hours, has fever higher than 105° F, or if your baby screams and cannot be calmed down within 3 hours.

**SAFETY:**

- Your baby should be riding in a car seat in the back seat facing toward the rear of the car. Do not put infant car seats in the front seat. This is especially dangerous if the car has an airbag on the passenger side.
- **Babyproof** your home as your baby is learning to crawl and scoot. Babies are naturally curious so you must learn to prevent accidents.
- Remove all dangling electrical and curtain cords.
- Lock up or place out of reach detergents, soaps, cleaners and medicines.
- Keep plants, plastic bags, and balloons out of reach.
- **NEVER** leave your baby unattended in the bathtub or on a bed.
- Do not use an infant walker.
- Protect the baby from hot liquids and objects.
- Use gates on stairways, and put safety bars on windows.
- If your baby gets into poisons or medications, call **POISON CONTROL at (800) 222-1222**.
- Check the batteries in your smoke alarm.
- It is extremely important to avoid direct exposure to sunlight by using hats and loose clothing and keeping your baby in shaded areas.
- Sunscreens may be applied sparingly on the body (avoid the mouth and eyes) of an infant who is 6 months of age or older.

**SUGGESTED READINGS:**

**Caring for Your Baby & Young Child** by AAP and published by Bantam Books, 1991.

**First Feelings: Milestones in the Emotional Development of Your Baby and Child** by Stanley Greenspan M.D. and Nancy Thorndike Greenspan and published by Penguin Books, New York, 1988.

**Taking Care of Your Child** by Robert Pantell, M.D., James Fries, M.D., and Donald Vickery, M.D. and published by Addison-Wesley Publishing Co., Reading, Mass., 1993 (4<sup>th</sup> edition).

**Touchpoints, Your Child's Emotional and Behavioral Development** by T. Berry Brazelton, M.D. and published by Addison-Wesley Publishing Co., Reading, Massachusetts, 1992.

**What To Expect The First Year** by Arlene Eisenberg, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N. and published by Workman Publishing Co., New York, 1989.

**Your Baby and Child, from Birth to Age Five** by Penelope Leach and published by Knopf, New York, 1989.

**Solve Your Child's Sleep Problems** by Richard Ferber and published by Simon & Schuster, Inc., 1986.

**Your Child's Health** by Barton Schmitt and published by Bantam Books, 1991.

**IMPORTANT NUMBERS:**

**Poison Control Center (800) 222-1222**