

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Acetaminophen (Tylenol) dose _____

Vaccines administered today: _____

Diet

- Solid foods may be introduced at this age. Iron fortified cereals, such as rice or oatmeal, are great beginner foods.
- Many babies do not yet have the tongue coordination to eat solids effectively and may eat only a tablespoon at a time.
- Babies do not need juice.
- Do not prop the baby's bottle in his or her mouth, and do not put a bottle in the bed, as this can lead to cavities, choking, and ear infections.
- No honey. There is no evidence that avoiding foods like peanut butter/eggs/shellfish will decrease the risk of allergy.

Development/Teething

- Your baby will babble, "coo," and laugh or squeal.
- He or she will grasp at objects and recognize their parents' voices.
- Talk, sing, and read to your baby.
- Large toys that are bright or noisy are fun for your baby to grasp, hold, and chew.
- Continue "tummy time" during the day. Your baby will be close to rolling over.
- Drooling is normal at this age. Teeth usually do not appear until about 6 months of age, but drooling can occur even without tooth eruption.

Sleep

- Babies should be put to bed for naps and overnight sleeping while he or she is awake to teach "self-soothing" techniques, and how to sleep alone.
- You can allow your baby to cry for about 10 minutes while trying to go to sleep.
- Babies of this age will continue to need 2-3 naps a day.

Continued on other side

Safety

- Car seats should be used every time you travel, rear facing in the back seat. Make sure to always buckle the straps.
- Continue to place your baby on his or her back for sleeping.
- Keep your home “smoke free.”
- Child-proof your home to protect your baby from knives, matches, poisons, medications, outlets, cords, guns, plastic bags, and small items on which your baby could choke. If an item can fit down the inside of an empty toilet paper roll it is a choking hazard.
- Do not use baby walkers. Play saucers are great.

Parenting

- Develop a daily routine and take some time for yourself so that you can be an even better parent!
- You may now take the baby’s temperature rectally or under the arm, or by using the “forehead” thermometer. Do not take the temperature by mouth until 4 or 5 years of age.
- Babies of this age with fevers of 101 degrees or higher should be seen within 24 hours.
- NEVER shake a baby.

At this visit

Typical screenings: Postpartum depression in mom

Typical immunizations: Pediarix (Hepatitis B, polio, DTAP); HIB (Haemophilus B); Prevnar (Pneumococcal); Rotataq (Rotavirus)

Return at 6 months of age for your next well child visit!