

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

Weight \_\_\_\_\_ (\_\_\_\_%) Height \_\_\_\_\_ (\_\_\_\_%) Head \_\_\_\_\_ (\_\_\_\_%)

Acetaminophen (Tylenol) dose \_\_\_\_\_

Vaccines administered today: \_\_\_\_\_

## Diet

- Your baby's first foods are your choice. Whether you decide to make your own baby food or buy premade baby good, you have many options.
- Foods should be soft or pureed to prevent choking.
- Introduce one "single-ingredient" new food from any food group every 3-5 days. Watch for any reactions.
- There is no evidence that food allergies can be prevented by waiting to introduce baby-safe (soft) foods such as eggs, dairy, soy, peanut products, or fish; these can be introduced now. In fact, for some children early introduction may be beneficial. However, if your child has severe eczema and/or an egg allergy, testing for peanut allergy may be recommended. Check with your doctor about how and when to give peanut products.
- There is no evidence that your baby will develop a dislike for vegetables if fruit is given first.
- Make sure you include foods that provide iron and zinc, such as baby food made with meat or iron-fortified cereals.
- If you feed your baby premade cereal, make sure it is made for babies and is iron-fortified. Baby cereals are available premixed in individual containers or dry, to which you can add breast milk, formula or water.
- Within a few months of starting solid foods, your baby's daily diet should include a variety of foods, such as breast milk, formula, or both; meats; cereal; vegetables; fruits; eggs; and fish.
- Babies should continue to take about 24 ounces of formula or about 4 breast-feedings per day, even if they decrease their fluid intake.
- Babies do not need juice.
- A sippy cup with water should be given with each meal, 2-3 times a day.
- Meats should be introduced around 6-9 months of age.
- Soft finger foods can be given at about 7-9 months.
- Do not give your baby honey until 1 year.

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### Sleep

- Babies this age need 1-3 naps every day.
- Continue to put your baby to bed when he/she is awake but sleepy to develop self-soothing techniques.
- You can allow a baby to cry for about 10 minutes while trying to go to sleep.

### Safety

- Babies should sit in a highchair at mealtimes.
- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Continue to place your baby on his/her back to sleep. Babies may roll over in the night, which is fine, but it is still best to start them on their back.
- Keep a “smoke free” environment.
- Childproof your homes with baby gates at stairs, cabinet/drawer locks, keep medicine and cleaning products out of reach.
- Do not leave heavy or hot items on tablecloths.
- Keep plants out of reach.
- Sunscreen should be used – “broad-spectrum” with SPF 15 or higher. Apply every 2 hours and after swimming/sweating. Sunscreens with titanium dioxide or zinc oxide are good for sensitive skin.
- Bug sprays are safe for children older than 2 months of age. Use ones with no more than 30% DEET. Keep bug sprays away from hands and face. Permethrin is safe but should ONLY be used on clothing, NOT on skin.
- Poison Control: 1-800-222-1222
- Do not use baby walkers. Play saucers are great.
- Never leave a child alone in a car.
- NEVER shake a baby.

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### Development/Teething

- 6-month-old babies babble and laugh to their parents, roll over, and might sit for a few seconds unaided.
- They can grab objects and transfer them between hands and put them in their mouths.
- Babies will start to show some stranger anxiety over the next few months.
- Continue to read and talk to your baby, keep the environment safe, and develop a daily routine.
- You can use Tylenol or Motrin for teething discomfort. Fever over 101 degrees is not typical for routine teething and may indicate an infection.
- Start brushing teeth twice a day with a soft toothbrush. You can use fluoride toothpaste in an amount about the size of a grain of rice.

### At this visit

Typical screenings: Postpartum depression in mom

Typical immunizations: Pediarix (Hepatitis B, polio, DTAP); Prevnar (Pneumococcal); Rotataq (Rotavirus); Influenza when in season

Other preventive health: Fluoride varnish applied every 6 months\*

**Return at 9 months of age for your next well child visit!**