

6 Month Well Visit

What your baby may be doing now:

- Sit with support
- Reach for toys, using one hand and also passing them from hand to hand
- Grabbing toes when on the back
- Develop full color vision and improved tracking of objects
- Babble “dada” or “baba”
- Actively repeat and mimic sounds
- Understand cause and effect, looking for a response from others with certain activities, such as dropping a toy
- Should be sleeping at least 8 hours at night without needing to be fed.

Feeding:

- Breastfeeding until 12 months decreases your child’s risk of colds and ear infections
- Talk to your pediatrician about early introduction of certain foods such as dairy, eggs, and peanutbutter
- Increase solid meals to twice daily in addition to breast and formula feeds
- Do not give baby honey in the first year of life
- Do not offer juice or water, only breast milk or formula
- Try to feed your baby as part of the family meal
- Do not put baby to bed with a bottle- this can cause tooth decay. Clean baby’s teeth with a soft toothbrush or washcloth every day.
- Let your doctor know if your water supply does not contain fluoride. Your baby may need a fluoride supplement.

Parenting

- Talk and sing to your baby during regular activities, engage them face to face
- Read books to your baby, pointing out particular pictures

- Establish a regular bedtime routine, sleeping in a crib without bumpers
- Encourage your baby to work on hand-eye coordination by reaching for toys
- If baby is teething, try a cold teething ring, or massage the gums
- Avoid topical teething treatments such as ointments and tablets
- Take your baby for walks.

Safety

- Use a rear-facing car seat, either a carrier or a convertible seat
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Prevent falls- do not leave baby unattended on a bed, sofa or changing table
- Do not use a walker- they can tip over and cause injury, but stationary toys or bouncers are safe
- Protect baby from direct sun exposure, you may start to use sun block with an SPF of at least 30.
- Prevent choking- keep small objects and toys out of baby’s reach and make sure foods are soft enough to swallow
- Childproof your home now- don’t wait until baby is crawling!
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- If your baby is vomiting, feeding poorly, having trouble breathing, has a rectal temperature over 102°F for longer than a day, is irritable or lethargic, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- [DTaP](#)
- [Hib](#)
- [Prevnar](#)
- [Rotavirus](#)
- [First Flu](#) (in season)
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may

use either Ibuprofen every 6-8 hours or Tylenol every 4-6 hrs as needed over the next 2 days according to this [dosage chart](#).

Web Resources

- www.aap.org
- www.zerotothree.org
- [Guide to oral health](#)
- [Children's Hospital of Philadelphia Vaccine Website](#)