



***PEDIATRIC ASSOCIATES OF NYC, P.C.***

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**6 month visit**

Today's measurements: Height \_\_\_\_\_ Weight \_\_\_\_\_ HC \_\_\_\_\_

**Vaccine:**

- DTap, Hib, Pneumococcal, Rotateq
- Influenza (in season). Children 8 years and younger require 2 doses the first year they are immunized
- Reactions: fever, irritability, redness at site, firm lump at site- cool compress today, warm compress tomorrow
- Acetaminophen or Ibuprofen- dosage based on weight- see website for product/dosage info

**Development:**

- Babbles/ Squeals
- Rolls over
- Sits with or without support, tripods
- Transfers objects between hands
- Reaches/grabs objects/ puts things in mouth to explore them
- Likes to look at themselves in the mirror
- May show signs of separation anxiety/ Knows familiar faces

**Sleep:** see separate handout

- Develop sleep/bedtime routine
- Put baby to sleep awake but drowsy

**Solids:**

- Start solids between 4-6 months- see separate sheet
- Juice is NOT needed or recommended
- Offer water in a cup

**Teething:**

- The first tooth erupts between 4 and 12 months (even up to 18 month in rare instances).
- A cold damp washcloth and chew toys are helpful
- Once teeth erupt, start wiping them with a soft cloth or finger brush and water. No toothpaste is necessary.

**Safety:**

- Begin childproofing: baby gates for stairs, cover electric outlets, keep medication and cleaning supplies in locked or high cupboard, window guards
- DO NOT use walkers, push toys are ok
- Never leave a baby on a high surface (changing table, bed, couch...) even for "a second". Babies wiggle and often fall.
- Block cords attached to heavy objects that can be pulled down
- TV stands and dressers should be mounted or tethered to walls

**When to call:**

- Rectal temp >101 for 72 hours
- Crying excessively or inconsolably
- Difficulty breathing
- Lethargic or poor feeding OR any other concerns or questions

**Next visit in 3 months (at 9 months old)**