

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

6 Month Well Visit

What your baby may be doing now:

- Sit with support
- Reach for toys, pass them from hand to hand
- Babble “dada” or “baba”

Feeding:

- Breastfeeding until 12 months decreases your child’s risk of colds and ear infections
- Start introducing [solid foods](#) at 4-6 months of age
- Start with cereal in a spoon, and slowly move on to fruits and vegetables. Formula or breast milk intake will stay about the same even after you add solids to the diet.
- Do not give baby honey in the first year of life
- 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 child does not receive at least 8 oz of fluoride-containing water (including water used to mix formula) daily. Your baby may need a fluoride supplement.

Parenting

- Read books to your baby.
- If baby is teething, try a cold teething ring, or even a hard, frozen bagel!
- Take your baby for walks.

Safety

- Use a rear-facing car 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
- Protect baby from direct sun exposure, and use sun block.
- Prevent choking- keep small objects and toys out of baby’s reach.
- 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](#)
- [Flu \(in season\)](#)
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use 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](#)