



## Well care education- 6-month-old

- **DEVELOPMENT:**
  - Your baby should be reaching and able to work for a toy. He/she should be turning to voices, rolling over, should not have head lag when pulling to sit, and tripod sitting briefly. Please continue tummy time at least 4 times per day for 15 minutes each time.
  
- **EMERGENCIES:**
  - Please call us if baby has breathing difficulty, green vomit or is having less than 4 wet diapers per day.
  - *A word on fever:* fever by itself is NOT dangerous. However, if your child is lethargic, irritable, or does not respond well to a single dose of Tylenol or Motrin, please call. Also, if your child has a fever >5 days, please call us. Your baby **can** now have **Motrin** for fever as well.
  - If your child ingests something that they should not have, please call **Poison Control at 1-800-222-1222**.
  - Signs/symptoms of **anaphylaxis** (after giving food): lip swelling (even if mild), sudden persistent cough, sudden persistent emesis, noisy breathing, shortness of breath.
  
- **VACCINES:**
  - Today your child will receive his/her third set of vaccines. The most common reaction is a fever within 48 hours of the vaccines. Your child will also likely sleep more than usual today and may have some swelling at the injection sites. Your baby is now old enough to receive the Influenza vaccine. Your provider will discuss Flu shots during flu season. Please read the additional handouts for more information.
  
- **SKIN CARE:**
  - Your baby is now old enough to wear sunscreen. Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.
  
- **SLEEP**
  - Please continue to place your baby to sleep on his/her back in their crib/pack-n-play. Your baby should be sleeping about 14-15 hours per day with 10 of those hours occurring as nighttime sleep. He/she may still be waking up 1-2 times per night. This is a good age to start sleep training.
  
- **SAFETY:**
  - *The risk of falls from a high surface is real.* Please always keep your hand on your baby when he/she is on a high surface. Please avoid laying your child down in a bed without side rails even with a "pillow fortress." Please do not shake your baby, even if it seems to calm him/her down.

- Your baby's car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs, however, may remain rear facing as long as tolerated/is within car seat parameters.
- Additionally, now is the time to start baby proof the home, including toilets, cabinets, doors, knobs, refrigerators. Ensure all heavy furniture is properly mounted to the wall. Go to [Healthychildren.org](http://Healthychildren.org) for more information and tips
- **NUTRITION:**
  - If your baby is already eating stage 1 foods, you may advance to stage 2 foods and increase meals to 3 times per day. **If you have not yet given eggs, fish, dairy or peanut/nut products, please do so now-see attached instructions for introducing these. Please review signs/symptoms anaphylaxis above.** Please avoid giving your child any foods that may be considered a choking hazard, such as grapes, peanuts, hot dogs, and cherry tomatoes.
- **ORAL CARE:**
  - The average baby gets his/her first tooth at 4-6 months old. If your baby already has teeth, please brush with a soft-bristle toothbrush at least twice a day.
- **WATER SAFETY:**
  - 6 Months is a good age to introduce survival swimming lessons. Make sure all pools are safe with a minimum of 3 barriers separating your child from the water. Never leave your child alone in the bathtub, even for a few seconds.
- **USEFUL WEBSITES:**
  - [www.mahoneypeds.com](http://www.mahoneypeds.com) for doses of Motrin and Tylenol
  - [Healthychildren.org](http://Healthychildren.org)
  - [Chop.edu/primary-care/well-child-visits-what-expect](http://Chop.edu/primary-care/well-child-visits-what-expect)
  - <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>
  - **Introducing peanuts:**
    - <https://www.childrensmc.org/departments-and-clinics/allergy-and-immunology/food-allergies-in-children/introducing-peanuts/>
    - <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/When-can-I-start-giving-my-baby-peanut-butter.aspx>