

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Six Month Exam

Length _____

Weight _____

Head Circumference _____

Caring for your child should be much easier now. Six month olds are generally happy and eager to socialize. Your baby should be sleeping through the night and have more predictable patterns of behavior.

Feeding: Continue feeding breast milk or formula. As your child is able to sit well, he can practice using a training cup. Fluoride is now needed for normal tooth development. This requirement will be met by the consumption of 6-8 ounces of city water per day. If you are exclusively breast feeding, you may give your child this as supplemental water intake or we can provide a prescription for Fluoride drops. Many infants have started solid foods such as cereal. The principals of food introduction do not change. **Only introduce one new food at a time and wait 3-4 days before the introduction of the next food.** After cereals are introduced, slowly introduce fruits and vegetables. After these have been introduced you may introduce meats. Meat is not nutritionally necessary, but may be better accepted if introduced before one year of age. A typical day might include a breakfast of cereal and fruit, a few feedings of formula or breast milk, and a dinner of cereal and vegetable. An optional lunch feeding could be given if desired and meat could be added to or substituted for an occasional dinner. Keep in mind that infants will receive all the nutrients that they need by formula and/or breast intake. Solids are supplemental and some children are more readily accepting of them. Be patient, eventually your child will enjoy these feedings.

Development: Most children will be sitting with some support, with some sitting independently. Typically infants will be babbling, reaching for, and transferring object between hands and from hand to mouth. Encourage tummy time on the floor to help promote upper body strength. Infants will often roll in both directions. The average age of tooth eruption is at 6 months but may occur as late as 12 months of age.

Immunizations: DtaP #3, HIB #3, Prevnar #3 (Hep B may be given depending on previous history). Please inform us of any reactions to previous vaccinations. **Recommendations may change as AAP and CDC recommendations change over time.**

Safety: As children obtain greater mobility and hand control, safety becomes a central concern. Look at your child's environment from her perspective. It is helpful to get down to floor level to better see the risks. Make sure that electrical outlets are protected and that cords are tucked out of the way. Place small objects, medications and cleaning agents out of your child's reach. Position protective gates at the foot and head of stairs. Be cautious in the kitchen, as your child can now grab cooking utensils or hot cups of liquid. Do not use infant walkers as thousands of children injure themselves each year in these devices. "Excersaucers" are fine for limited time periods. If your child ingests a poison, immediately call **POISON CONTROL CENTER AT 800-222-1222.**

Other pointers: Try to set a consistent bedtime. You are entitled to some "time off" each day. Take advantage of family members or hire a good baby sitter so that you can go out and enjoy your other relationships.

Next exam is at age 9 months