



# Schoolhouse Pediatrics

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight: \_\_\_\_\_ Length: \_\_\_\_\_ in. Head Circ.: \_\_\_\_\_

## SIX MONTHS

- At this time, babies will be taking about 24-32 ounces of formula per day. Appetite may vary and may fluctuate day to day.
- If your baby is taking cereal and fruit in the morning and evening, you might introduce vegetables at the noon feeding. Start with yellow vegetables (ie. carrots, squash, sweet potato) and then progress to the green vegetables. Subsequently, you may add a small amount of meat to try the various meat dinners. Continue with cereal and fruit in the morning. Eventually, lunch and dinner should include a meat, veggie and fruit. Add new foods one at a time every 3-4 days.
- As your baby approaches eight months of age, you might offer some mashed or ground up table food, providing they are salt and spice free and of suitable consistency. Offer sips of formula by cup at feedings.
- Especially during warm weather, water in a sippy cup or a small amount of diluted fruit juice may be given.
- Continue with iron fortified formula.
- Start fluoride drops if not in your water.
- Some babies will persist in awakening in the middle of the night for feeding. It is now time to discourage this feeding. Some babies will sleep through the night, but many breastfed babies will not.
- The third Pediarix and Prevnar injections have been given as well as the third Rotateq. As before, you can give Tylenol (80mg. or dose per your provider) upon arriving home and repeat in four hours. The flu vaccine can be given starting at six months; usually in the months of September, October or November.

### SUGGESTIONS

- Stimulate your baby's speech by talking and reading to him/her.
- Play with age-appropriate toys.
- Stranger anxiety is normal at this age, even in response to grandparents.
- Shoes are not necessary.
- Never leave your baby alone in the bathtub or around any water.
- Do not use walkers.
- Insert plugs in electrical outlets.
- Use safety gates.
- Place locks on cabinets and secure any furniture that your child could pull over.



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