

## ***Age: 6 months old***

### **FEEDING**

Your infant should be taking breast milk or infant formula with iron until one year of age. Most infants drink 6-8 ounces every 4-5 hours. Supplemental bottles of water and/or juice are fine to give, in moderation. If you have not yet started solid foods, now is the time. Starting solid foods after 7 months of age may lead to juvenile diabetes, celiac disease and refusal to eat solids. Infants at this age should be taking 2-3 meals per day of cereal and baby foods. Don't give foods that require chewing. Watch for any food allergies when new foods are introduced (no more than one new item every 3 days). You may introduce a "sip cup" with juice or water at any time.

### **DEVELOPMENT**

Infants at this age are rolling over and starting to sit up by themselves. They may squeal, babble, laugh and cry. They may be afraid of people they don't know. Infants like faces, bright colors and noisy toys.

### **SLEEP**

Six month olds sometimes do not want to be put down for bed at night. A favorite blanket or stuffed animal may make bedtime easier. Do not put your baby down with a bottle. Develop a bedtime routine which is the same every night. Be calm and consistent.

### **TEETHING**

Your baby may be teething at this age. You will notice lots of drooling and chewing if teeth are breaking through. Teething rings are helpful if needed. Use ibuprofen when teething is painful and dose according to your baby's weight.

### **SAFETY**

Accidents are the number one cause of death in the first year of life. To promote safety for your baby:

1. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
2. Keep the poison control center number by the phone (1-800-222-1222).
3. Install safety latches on all cabinets and put covers over electrical outlets.
4. Check your smoke detectors and fire extinguishers routinely.
5. Do not use a baby walker. Install safety gates to guard stairways.
6. Remove hanging mobiles or toys before the baby can reach them.
7. Use only unbreakable toys without sharp edges or small parts that can come loose.
8. Always use an approved rear facing car seat in the back seat.
9. Don't smoke around the children.
10. Never leave your baby unattended in the bathtub or around standing water of any kind.
11. Never tie a pacifier on a string around your baby's neck. Instead pin it to the shirt.

### **IMMUNIZATIONS**

Your baby will receive another round of immunizations today. They may include: DTaP (diphtheria, tetanus, and pertussis), Hib (Haemophilus influenza, type B), Hepatitis B, Polio, PCV7(pneumococcal vaccine) and Rotateq (rotavirus vaccine). Some of these are mixed into one

shot, so your baby won't require 5 injections. Rotateq is a vaccine taken by mouth. Flu vaccine is recommended for all children 6-23 months. Ask your doctor about the flu vaccine.

## FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

## TYLENOL (acetaminophen) DOSING

| <i>Weight</i> | <i>Type</i>       | <i>Dose</i>         | <i>Interval</i> |
|---------------|-------------------|---------------------|-----------------|
| 12-17 pounds  | infant drops      | 1 dropper (0.8ml)   | 4-6 hours       |
|               | children's liquid | ½ tsp.              | 4-6 hours       |
| 18-23 pounds  | infant drops      | 1 ½ dropper (1.2ml) | 4-6 hours       |
|               | children's liquid | ¾ tsp.              | 4-6 hours       |
| 24-35 pounds  | infant drops      | 2 droppers          | 4-6 hours       |
|               | children's liquid | 1 tsp.              | 4-6 hours       |

## ADVIL/MOTRIN (ibuprofen) DOSING

| <i>Weight</i> | <i>Type</i>       | <i>Dose</i>        | <i>Interval</i> |
|---------------|-------------------|--------------------|-----------------|
| 12-17 pounds  | infant drops      | 1 dropper (1.25ml) | 6-8 hours       |
|               | children's liquid | ½ tsp.             | 6-8 hours       |
| 18-23 pounds  | infant drops      | 1 ½ dropper (~2ml) | 6-8 hours       |
|               | children's liquid | ¾ tsp.             | 6-8 hours       |
| 24-35 pounds  | infant drops      | 2 droppers         | 6-8 hours       |
|               | children's liquid | 1 tsp.             | 6-8 hours       |

## WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

## NEXT VISIT

Your child's next appointment should be at 9 months of age. Please bring your shot record with you to each well child visit.

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