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Well Child Care, Six Months

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenza type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Continue to breast feed or to use formula for the first year of your baby's life
- Between 6 to 8 months, introduce pureed meat (step 2 baby food), then between 8 to 9 months introduce coarse/ground food (step 3 baby food such as mashed potatoes, cooked vegetables, and picked apart meats)
- Introduce one new solid food every 3 to 5 days
- Do not give regular milk, honey, olive oil, mineral oil, wheat, citrus, or egg whites during the first year
- The maximum amount of juice each day is two ounces diluted with two ounces of water from age nine months to two years. Use a cup, not a bottle.

INFANT CARE

- Clean your baby's gums and teeth daily. Use a clean moist wash-cloth to wipe the gums, and soft toothbrush to clean the teeth. Do not use toothpaste yet
- Generally, fluoride supplement is prescribed if the drinking water is not fluoridated
- For information about tooth eruption, go to <http://www.fresnochildrens.com/files/HealthTopics/tootheruption.pdf>

DEVELOPMENTAL MILESTONES

- Rolls over, Sits with support, Grasps and mouths objects
- Transfers cubes or other small objects from hand to hand
- Develops full color vision

- Babbles chains of consonants, such as “mamama”, “dadada”, or “bababa”, responds to sounds by making sounds
- Finds partially hidden object, struggles to get objects that are out of reach
- Usually has first tooth erupt around 6 month of age, (teething might cause low-grade temperature, but not over 100 degrees)
- May begin to show signs of stranger anxiety

INJURY & ILLNESS PREVENTION

- Continue to use rear-facing infant safety seat in back seat of car until your infant is twelve months old **AND** twenty pounds
- The back seat is the safest place for children
- Learn emergency procedure for choking
- Playpen or portable crib weave should have small openings no less than ¼ inch
- Do not leave your baby alone in a tub of water or on high places such as changing tables, beds or chairs
- Empty buckets, tubs, or small pools immediately after use
- Check your home for lead poisoning hazards (chipped lead paint, lead dust, lead water pipes, poorly glazed pottery)
- Do not give your baby plastic bags or latex balloons
- Do not put your baby in an infant walker at any age
- Six month and older, you may use sunscreen (SPF 15 or higher)
- Lower the mattress in your baby’s crib
- Install safety devices on drawers and cabinets
- Remove dangling telephone, electrical, blind, or drapery cords near your baby’s crib or play areas
- Childproof your electrical sockets
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on “Quit Smoking” tab on the top menu.

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.