



Well Child Visit  
6 Months

General Pediatrics Department  
U.S. Naval Hospital, Okinawa

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Length: \_\_\_\_\_

### Feedings

Diet suggestion:

Breast milk or formula	24-30 oz/day, including what is used for cereal.
Cereals	4-6 Tbsp/day. Add 1.5 Tbsp of breast milk, formula or water to each Tbsp of dry cereal.
Vegetables	4-5 Tbsp/day. Start with strained, then advance to junior and mashed table foods.
Fruits	4-5 Tbsp/day. Start with strained, then advance to junior and mashed table foods. Unsweetened (3-4oz/day) may be used as a substitute for one fruit serving.
Meats	Begin at 6-9 months of age, 4-5 Tbsp/day. Begin with strained, then junior and mashed.

1. Continue with breast milk or iron-fortified formula through 12 months of age. Avoid regular cow's milk until after 12 months.
2. Try scheduling 3-4 feedings/day. Feed solids with a spoon, never in a bottle.
3. Remember to stick with a new food for a few days before trying another. Watch for rash, vomiting, or diarrhea with each new food. Stop the new food if these symptoms occur, and wait about 1 month to try again. Don't use mixed vegetables or jar food with combinations until you have tried each food in the mixture one at a time.
4. Junior foods and mashed table foods may be introduced between 7-8 months of age, even if your baby doesn't have teeth. Expect your child to spit them out because they have new textures. Offer a few more times or again at the next meal.
5. Start introducing a sippy cup and weaning off the bottle. Encourage eating from a spoon and picking up finger foods. Finger food examples include: toast crackers, cheerios fresh bananas, cooked carrots, etc. Feeding time WILL be messy.
6. Avoid empty calories such as puddings, desserts, creased vegetables, punches and soft drinks.
7. Do not give egg, tomatoes, citrus, or honey until after 12 months of age.

### Sleep

1. Try to establish a regular bedtime routine. Have quiet time leading to bedtime.
2. Nighttime awakenings can become a problem. If your baby awakens and cries, check for safety and comfort. Be boring. Avoid picking your baby up, feeding or playing with him/her, or taking him/her to your bed. It is important for your child to learn how to put him/herself back to sleep.
3. Babies at this age do not need to eat during the night.
4. Remember NO bottles in bed!

### Dental

1. Teething does not cause high fever >102°F or watery diarrhea. It may cause drooling, looser stools and some fussiness. Tylenol, over-the-counter teething medications, cold or frozen teething rings or crushed ice in a washcloth may help.
2. When your baby gets his/her first tooth, clean with a damp washcloth or a small, soft toothbrush. Toothpaste is not yet necessary.
3. Fluoride should be started at 6 months. There is no fluoride in the tap water in Okinawa (except for Old Lester Housing area). Fluoride can be given in the form of fluoride liquid drops taken once a day.

### Safety

1. **Crying and shaking baby:** NEVER shake your baby. Put your baby in a safe place, like the crib or playpen and give yourself a "time-out."
2. **Falls and injuries:** Never leave your baby unattended on an elevated surface or in the bathtub. Always keep crib rails up when your baby is in the crib. Lower the crib mattress as your baby grows. Keep the crib away from windows and curtain cords. Remove mobiles when your baby can sit up. Avoid lifting and swinging your child by the arms. This can dislocate the elbows.
3. **Car Accidents:** Always use a properly installed rear-facing (until your baby is 20lbs and 1 year old) car seat when driving. The center of the back seat is the safest for your baby. Never place the car seat in the front of the vehicle, especially if it has airbags. Never leave your child alone in the car.
4. **Burns:** When cooking, place your baby in the playpen, high chair, or crib. Never leave cups of hot liquids or food on table/counter edges. Always check your baby's bath water temperature with your hand before placing your baby in it. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly.
5. **Sun:** Protect your baby from damaging rays of the sun. Keep your baby in the shade as much as possible. Keep your baby covered with hats and coverings. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands.

6. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
7. **Choking:** Avoid toys with sharp edges or removable small parts that your baby can swallow. Select toys that are rounded and made of smooth wood or soft, strong plastic. Avoid small hard foods like peanuts, popcorn, carrot sticks.
8. **Child-proof your house:** Do a search of your home on your hands and knees looking for potential hazards to your baby. Place safety covers on all unused electrical outlets. Put cords, plastic bags, small objects, household cleaners, and household plants out of reach. Remember, your baby will place everything into his/her mouth.
9. **Avoid infant walkers:** The American Academy of Pediatrics advises against these as they are a known safety hazard and can possibly lead to delays in motor development. Let your baby wiggle and learn to crawl and explore. The use of play saucers, though, is safe and entertaining.

### **Parent tips**

1. Many normal babies will engage in thumb sucking, ear pulling, hair pulling and head banging. Thumb sucking will not deform your baby's teeth at this age.
2. Stimulate your baby's speech. Talk, read, and sing to your baby.
3. Encourage playtime alone with other babies. Play peek-a-boo, pat-a-cake.
4. Remember to take time to yourself. Because of stranger anxiety at this age, try to introduce your baby to your sitter before leaving him/her alone with the sitter for the first time.

### **Over the next few weeks, you can expect your baby to:**

- Scoot around
- Sit with support
- Reach for objects and transfer from hand to hand
- Bring feet to mouth
- Recognize and may be afraid of strangers
- Babble: non-specific "gaga", "dada", "mama"

### **Immunizations**

1. Your baby will receive the following immunizations today: DTap, IPV, and Prevnar.
2. Some infants have no reactions at all, others may be irritable and fussy for the next 24-48 hours, develop redness or tenderness at the injection site, or run a fever.
3. You may give Tylenol drops for fever or fussiness up to every 4 hours as needed. You may also, apply warm towels to the injection site to soothe pain and redness.

### **Call your provider if your child:**

- Does not look well or is extremely sleepy or inconsolable.
- Has a fever over 102°F, especially without any explanation or associated cold symptoms.
- Vomits persistently or excessively.
- Falls, hits his/her head and passes out, vomits or behaves unusually.
- If you have any questions.

### **Important phone numbers**

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

### **Next Visit**

Bring your baby in at 9 months of age for an exam. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.