

6 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Breast-Formula: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Nutrition:

- Continue breast feeding or iron fortified formula. Cereal, fruit and veggies per spoon. Discuss fluoride-supplemental need with the nurse.
- Continue cleaning your baby's teeth.

Accident Prevention:

- Keep small toys and small objects out of baby's reach.
- Accident proof your home. Lock up cleaning products in a high cupboard. Safety caps in outlets.
- Test temperature of baby's bath water. Do not leave baby alone in bath. Refer to pages 22-23 in our newborn booklet for further tips.
- Poison Control # 800-222-1222

Development-Most babies at this age:

- Sit without support.
- Passes toys hand to hand.
- Jabbers.
 - Toys and Activities: Make sure your child has a safe place to play so he/she can begin to explore. Listen to music. Encourage your child to reach for toys. Your baby may not be comfortable with strangers.
 - It is recommended that children 6 months and older receive an annual flu shot.

Suggested books for 6 months to 1 year:

<i>Corduroy</i>	By Don Freeman
<i>The Very Hungry Caterpillar</i>	By Eric Carle
<i>Mr. Brown Can Moo, Can You?</i>	
<i>Dr. Seuss's Book of Wonderful Noises</i>	By Dr. Seuss
<i>The Snowy Day</i>	By Ezra Jack Keats
<i>Curious George</i>	By H.A. Rey
<i>The Lady with the Alligator Purse</i>	By Nadine Bernard Wescott

Sleep:

- At about 6 months your baby may sleep all night. In addition they take 2 naps.
- Further discussion on sleeping and night settling is discussed on pages 21-22 of your newborn booklet.

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