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## 6 MONTH EXAMINATION

1. Development: Children this age generally learn to sit alone, pass objects from hand to hand, imitate speech sounds, learn to enjoy “peek-a-boo”,

a) Adapt your baby to the family schedule.

b) Separation anxiety: Children frequently experience fear of strangers, including grandparents at this age. It will pass.

2. Injury Prevention:

- Falls: Use gates on stairways. Avoid use of walkers.
- Scalding: Adjust tap water temperature to 120 degrees (F). Don’t hold your baby while drinking hot liquids.
- Electricity: Protect cords and electrical outlets.
- Poisoning: Call the Poison Control Center at 1-800-222-1222 for any concerning ingestion. Remove poisons from reach, by placing up high or using cabinet locks. Remember, most poisonings occur when you are using a product, not when the product is stored properly. Remind house guests to be careful with medications and personal care products. Items to watch for include:
  - Cleaning products including: detergents, bleaches, dye, drain cleaners, waxes.
  - Kerosene, lighter fluid, fuel oil.
  - Paint, turpentine, paint remover and thinners
  - Pesticides including mothballs, weed killers, fertilizers.
  - Cosmetics including nail polish, hair spray, permanent wave materials.
  - Plants
- Car Safety: Use a rear facing infant car seat until your child is TWO years old. Children are safest in the back seat. Never place a child in front of an air bag.
- Sun safety: Babies should be protected from the sun with clothing, umbrellas or shade. Sunscreen may be used if skin will be exposed.

3. Medication:

	<u>Acetaminophen liquid</u> (Tylenol, Tempra) 160mg/5ml	<u>Ibuprofen liquid</u> (Motrin, Advil) 100mg/5 ml
<u>Weight</u>	Every 4 Hours	Every 6 Hours
12-17 lbs	80 mg	50 mg
18-23 lbs	120 mg	75 mg
24-35 lbs	160 mg	100 mg

4. Feeding:

- Breast milk is still the best food for your baby. Continue breast feeding and/or iron fortified formula until 12 months of age, cow's milk should not be introduced until then. Continue vitamin D supplement for breast fed babies.
- For solid foods, we usually recommend starting with one feeding of solids per day and working up to about three times a day by nine months. Never push your baby to finish a jar if she shows signs of being full. Let your baby tell you when she is finished. Meats can be started at about 9 months of age. Never place your baby in bed with a bottle. Continue to include iron-fortified cereal in the diet.
- Introduce your baby to the cup and high chair.
- Many breastfed babies have increased distractibility during feeding. This does not mean lack of interest in feeding. Try to find a quiet place to feed if this occurs.
- Never place your baby in bed with a bottle. This can lead to serious tooth decay and ear infections. Tooth decay can also occur in babies who sleep latched onto the breast.

5. Teething: Babies get their first teeth between four and twelve months. Teething usually has no symptoms, but may experience drooling, rashes, crabiness, and changes in appetite. Do not assume that a fever is due to teething. Brush the teeth as soon as they erupt. A small smear of toothpaste the brush is recommended. You can continue to breastfeed a baby with teeth. Ask for help if you are having problems with biting.

6. Sleep: Keep your bedtime routine consistent. Some babies have increased difficulty falling asleep and increased awakenings as they approach nine months due to separation anxiety. You may try a transitional object such as special toy or blanket. Avoid rocking or feeding your baby to sleep.

7. IMMUNIZATIONS: Your child may have received the DTaP, IPV, pneumococcal and Hib-Hepatitis B immunizations today. Notify us if your child develops a temperature of 104 or above or experiences unusually high pitched prolonged screaming in the 24 hours following immunization. In winter months babies 6-23 will also get vaccinated for influenza. We no longer recommended using Tylenol before vaccines are given as this may diminish the immune response.

You may use Tylenol if you baby does develop a fever after the vaccines.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.  
[www.theparentconnectionaz.org](http://www.theparentconnectionaz.org).
- Child and Family resources offers information about available child care.  
[www.childfamilyresources.org](http://www.childfamilyresources.org).
- The American Academy of Pediatrics has a web site:  
[www.healthychildren.org](http://www.healthychildren.org).

NEXT VISIT: 9 Months of age