

**Palisades Pediatrics, LLP**  
**236 North Main Street**  
**New City, NY 10956**  
**(845) 708-0400**

**Six (6) Months Old**

**Feedings:**

- 1) Breast Milk.
- 2) Formula – Similac, Enfamil, Good Start
- 3) Liquids (small amounts of water):
  - Your pediatrician will discuss addition of other foods;
  - Space trial of each new food 3-5 days apart.
- 4) **DO NOT** place your baby in the crib with a bottle while trying to fall asleep and **DO NOT** give a bottle of milk or water as a pacifier.

**Medications:**

Multivitamin with Fluoride 0.25 mg/ml once a day if needed.

**Your Growing Baby:**

- 1) May be able to hold his/her own bottle.
- 2) Plays with hands and feet
- 3) Rolls over.
- 4) Laughs, squeals, vocalizes, babbles, blow bubbles and turns toward sounds.
- 5) Sits up without support and reaches for and grasps objects to play with or put in his/her mouth.
- 6) May show resistance to going to sleep due to separation anxiety and have anxiety toward strangers.
- 7) May develop his/her first tooth, but this may be delayed until as old as 15 months.
- 8) Enjoys mirror and water play, textured and patterned objects, jumper swing, clocks and various sized containers to fill and empty.
- 9) Over the next few weeks your infant will:
  - Progress from sitting, creeping, crawling and standing (over the next six (6) months);
  - Grasp objects and let go at will
  - Attempt to duplicate sounds, repeat syllables such as dada, mama;
  - Babble to himself/herself on waking;
  - Be fascinated by looking at and picking up small objects.

**Parent Tips:**

- 1) Play games. Read stories, magazines, etc.
- 2) Increase tummy time when infant is awake.
- 3) Stimulate your baby's speech by talking to him/her and responding to his/her sounds, playing songs.
- 4) Infant shoes are only necessary for warmth and protection and should be soft and flexible.
- 5) Be aware that all objects picked up go into the mouth so keep small objects out of reach.
- 6) Clean teeth once a day with a damp washcloth or soft toothbrush. Toothpaste is not necessary at this time.

**Accident Prevention:**

- 1) **ALWAYS USE A CAR SEAT INSTALLED PROPERLY WHEN TRAVELING, it is required by law!** Car seat must remain rear facing until 24 months of age.
- 2) **USE GATES ON STAIRS.**
- 3) Check house for drawers or shelves that could fall on your infant.
- 4) Use plastic plugs or outlet covers on unused electrical outlets; keep electrical cords out of reach.
- 5) **NEVER** leave your baby unattended in a tub of water, on a bed, on a couch or in a crib with the side rails down.
- 6) **DO NOT** hold baby or leave him/her nearby when handling hot liquids.
- 7) Make sure hot water heater is set at 120°F or less.
- 8) Avoid using tablecloths that an infant can tug on.
- 9) **DO NOT** use mobiles, other hanging toys, or bumpers in the crib. Crib mattress should be at the lowest level. Make sure the crib is positioned away from dangling cords, curtains and windows.
- 10) Lock cabinets with make-up, cleaning supplies, and medications. Place medications and cleaning supplies in upper cabinets.
- 11) Keep bathroom doors closed and toilet seat covers down
- 12) Always protect your infant's skin and eyes from harmful sun rays by using PABA-free sun screen with SPF-15, avoiding prolonged sun exposure and wearing a bonnet and lightweight clothing in the summer and brimmed cap in the winter.

**Immunizations:**

- 1) Your baby will receive these immunizations: Influenza (if in season) Pentacel #3 (Diphtheria, Tetanus, acellular Pertussis, Haemophilus Influenza Vaccine, Inactivated Polio Vaccine) Prevnar 13 #3 (Pneumococcal Conjugate Vaccine) and Rotavirus #3
- 2) He/She may:
  - Be irritable and fussy
  - Develop a redness, swelling, or tenderness or swelling over the injection site;
  - Develop a low grade fever.
- 3) Call your Health Care Provider if
  - Temperature is greater than 101°F;
  - Screaming episodes greater than three (3) hours;
  - Unusually fussy.
- 4) Use cold compresses if injection site is red, swollen, or tender.
- 5) Give Infant Tylenol for fever or fussiness. Give the dose based on their weight as advised by the Health Care Provider

**Lab Work:**

If your Health Care Provider feels your child is at risk, a blood test may be done today to check for lead poisoning.

**Special Instructions:**

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**Next Visit:**

At nine months of age for anemia blood test, immunizations, developmental screening and well child check. If your child has not been adequately vaccinated against Haemophilus Influenza B, Hepatitis B, or Influenza, he/she may need these vaccines at the next visit.