

PSBH North

Six Month Exam

Development

- Provide lots of opportunity for physical activity that builds strength of abdominal muscles and upper body. Emphasize tummy time and propped forward sitting if your child is not sitting alone yet.
- Exersaucers are great for brief periods of time. No walkers. No Johnny-Jump-ups.
- Sensory toys featuring different textures, sounds, colors and patterns are important.
- Babies this age get “grabby”. Keep hazards out of reach at table and on floor.
- Now is the time to install child locks and gates. Cover electrical outlets and otherwise childproof.
- Read aloud on a daily basis. Board books are great. Allow your child to look at and grab the pages with you.
- Continue good sleep routines. Do not rock to sleep or allow your baby to fall asleep with a bottle. Minimize interventions for nighttime waking.

Feeding

- Begin solid foods if not already started. Advance to 2nds – different textures and flavors.
- Ok to begin meats
- Babies living in homes with no fluoride in the water should begin fluoride supplementation. We recommend Poly Vi Sol with iron vitamin drops.
- No honey
- Avoid juice. It is high in sugar and adds empty calories. We prefer milk or water.
- Be aware of choking hazards.
- Teething may result in fussiness. Tylenol or Motrin is ok to use as needed while teeth erupt. Stools may become mushy and mild. Cold symptoms may accompany teething.

Safety

- Number for poison control 1-800-222-1222. Post this by all phones.
- Babies are curious - keep medications, matches, and other hazardous products well out of reach.
- Be aware of water safety – never leave child unattended in bath or near water.
- Do not leave unattended on bed or anywhere else baby could fall. Do not leave unattended in the car.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.
- Sunscreen/Insect repellent – recommended when appropriate.

Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.
Next visit is at 9 months.