



Forms:

Complete and print them for your upcoming appointment:
None

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:

Pentacel (contains):

1. DtaP
2. IPV
3. Hib

Prevnar
Rotavirus

6 MONTHS OLD

FAQ

Should I introduce juice to my infant?

Once solids are begun, it is recommended that you begin introducing 2-4 ounces of water per day. On the other hand as juice possesses a large amount of sugar, albeit natural, it has little nutritional benefit and should be avoided or at the least limited to less than 4 ounces per day.

Are baby walkers recommended?

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down the stairs and seriously injure her head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

Age Appropriate Information

Sleep:

- Placing your baby in the crib when he is drowsy but not asleep will help your baby learn that he can go to sleep on his own. Then, when he awakens at night, he will be more likely to be able to go back to sleep without your help. This approach will help both you and your baby get a good night's sleep.
- Remember to always put your baby down to sleep on his back, not his tummy or side, even though he may now roll over on his own during sleep. Ask your relatives and caregivers to also put your baby "back to sleep." Experts also recommend that your baby sleep in his own crib, not in your bed. If you breastfeed or bottle-feed your baby in your bed, return him to his own crib or bassinet when you both are ready to go back to sleep.
- The crib mattress should be at its lowest point before the baby begins to stand. If bumper pads are used, remove them when the baby begins to stand so that they cannot be used as steps.

Feeding:

- As you begin solids, it is important to feed your baby in a bouncy seat or high chair that is adjusted to make sure your baby's head, trunk, and feet are supported, so that you can look at each other. Your baby's arms also should be free, as this is her way of communicating with you. Of course, when offering the bottle, it is still very important to continue to hold your baby so that you can see each other and communicate with each other. Your baby then will be able to let you know when she is still hungry and when she is full.

- Introduce single-ingredient new foods, one at a time, and watch for adverse reactions over several days to a week.
- Good sources of iron include iron-fortified infant cereal and meats, especially red meats. One ounce (30 g) of infant cereal provides the daily iron requirement, particularly if fed with vitamin C-rich foods, such as baby fruits, which enhance iron absorption from the cereal.
- As with all feeding interactions, watch your baby’s verbal and nonverbal cues and respond appropriately. If a food is rejected, move on and try it again later. Don’t force her to eat or finish foods.

Activity:

- Look at books and pet pictures.
- Play games such as “pat-a-cake,” “peek-a-boo,” “and so big.”
- Imitate vocalizations.