



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Head circumference: _____ % _____

Well-child exam: 6 months

Nutrition

- Your baby should continue to drink breast milk or iron-fortified formula for the first year of life.
- Continue Vitamin D supplementation of 400 IU daily if your baby is exclusively breastfeeding.
- Juice may be given starting at 6 months; however, we encourage parents to wait until 1 year of age. Juice must be pasteurized and given in a cup, not a bottle, and only at snack or meal time. Total juice intake should be no more than 4-6 ounces a day.
- Do not put your baby to bed with a bottle propped in his mouth. This can cause ear infections, choking and future tooth decay.
- To prevent infant botulism, **do not** give honey to children under 1 year of age.

Solid foods:

Most babies who can hold their head up and sit up with support are ready to eat solid foods at 4-6 months of age. Try starting solid foods with your baby during family meals. If your baby is distracted, pick a quiet time to feed your baby. As your child gets older, he will want to eat with the family.

By tradition, single-grain infant cereals, such as rice cereal, usually are introduced first. If there are no adverse reactions, such as diarrhea, rash or vomiting, continue to offer new foods one at a time, waiting 2-3 days before starting another. Solid foods can be introduced in any order. Traditionally, parents choose to give vegetables, fruits, and then meats, but that decision can be made between you and your baby. If a reaction occurs, stop using the new food and consult your child's provider.

Within a few months of starting solid foods, your baby's daily diet should include meats, cereal, breads, vegetables, fruits and eggs, in addition to breast milk or formula.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

Note: According to the American Academy of Pediatrics, delaying the introduction of foods, such as eggs, fish or peanut butter, to children to prevent allergies is not necessary. If you have food allergy concerns, talk with your provider prior to starting your baby on solid foods.

After eating pureed foods for a while, your baby can begin soft finger foods, such as banana pieces, teething biscuits or soft crackers. Avoid foods that may cause choking. Supervise him while he is eating. Your baby may enjoy drinking from a cup, but will need help. Expect a mess!

Clean his teeth daily with a soft toothbrush or a clean cloth wrapped around your finger. No toothpaste is needed. Talk to your provider about fluoride supplementation.

Sleeping

- Most babies sleep at least 6-8 hours at night and take two naps per day.
- Help your baby establish good sleep habits.
- When your baby looks drowsy, place him in his crib to fall asleep.
- If your baby is fussy, rock him until he is almost asleep, then place him in his crib to fall asleep.
- If your baby cries during the night, try comforting him with words before picking him up.
- Some babies at this age still need one night-time feeding. Make this feeding as boring as possible and place him back in his crib right after feeding.
- A security object, such as a favorite blanket or small stuffed toy (with no removable small parts), may give added comfort to your baby.
- Consistent, pleasant and predictable bedtime routines promote good sleep habits that can last a lifetime.

Wetting and stooling

- Expect to have 6-8 wet diapers a day.
- Stool patterns may change with the introduction of solid foods. If your baby is having infrequent, hard stools, call the clinic.

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Women & Children

Growth and development

Most babies at this age will:

- Become more interactive;
- Begin to sit alone and possibly start crawling;
- Like to play with balls, rattles and squeaky toys;
- Enjoy simple games like pat-a cake and peek-a-boo and like praise and applause;
- Enjoy interacting with people and smile at most everyone. He soon will display strong attachments to familiar people. He is developing a sense of trust in the important people on his life; and
- Continue to develop language skills. Encourage this development by reading to your child every day. Picture books can stimulate language.

Television/video screen time is **not** recommended for children under 2 years of age.

Illness

- Expect an average of 6-8 upper respiratory infections per year.
- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase your child's risk of becoming infected with resistant strains of bacteria.
- Prevent transmission of illness by keeping your child home until his diarrhea or fever has been gone for 24 hours, unless otherwise directed by your child's provider.
- Family members should wash hands frequently.

Safety

Babies need extremely close, almost constant, supervision. Follow these steps to ensure a safe environment for your baby.

- Check for hazards at his eye level.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your baby's sight and reach.
- Use a safety gate to block stairways.
- **Do not** use an infant walker; Falls are common and serious injuries can occur.
- **Never** let your baby chew or suck on rubber balloons or gloves. **Do not** leave plastic bags within his reach.
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months.
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- **Do not** leave your baby unattended on a bed, table, couch, or in the bath. **Never** leave your baby alone with a young child or pets.
- Lower crib mattress so he won't climb or fall out, and always keep crib rails in the highest position.
- Keep buttons, coins, magnets, batteries and other small objects out of reach.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.ecbt.org
www.kidshealth.org
www.mdh.org
www.parenting.umn.edu



Community resources:

Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit www.buckleupkids.mn.org for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.

- Use safety locks on cabinets and drawers.
- Cover electric outlets with protective covers.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions. If your baby rubs sunscreen into his eyes, wipe eyes and hands with a clean damp cloth.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Use a rear-facing car seat in the back seat until your baby is 20 pounds **and** 2 years old. (AAP guidelines 4/09.) Consult your car seat manual for weight and height limits. Most infant car seats have a 20-pound limit. When your baby weighs 20 pounds, switch to a rear-facing, convertible seat that holds up to 30-35 pounds.
- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, until you are calm. Call the clinic or 911 if you feel you may hurt your baby.