



6 Month Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- You and your doctor will talk about parenting, your home, your health and safety as well as your baby, and keeping your baby happy and healthy.
- Ask questions about your baby's health.
- Your child will receive shots, which your doctor will discuss.



Teething

- Your baby may get their first tooth from 4 months to 1 year of age.
- The first tooth is usually a top or bottom front tooth.
- Teething can be painful! Know the signs of teething:
 - Chewing or biting all the time
 - Drooling
 - Not wanting to eat
 - Crying or being fussy
- You can give your baby a rubber or plastic teething ring to chew on. It helps to cool the ring in the fridge.
- If your baby does not want to eat, it is okay to wait until the pain goes away. Do not force your baby to eat!



Development

Your child should be able to:

- Sit without help, roll over
- Move toy from hand to hand
- Feed self, hold bottle
- Babbles, knows own name

Safety

Car Seats

- Use a car seat EVERY time your baby is in the car.
- The seat should be in the backseat of the car, facing the rear window.
- NEVER leave your baby alone in the car.

Cribs

- Keep the baby's crib away from windows. Cords from blinds can strangle the baby.

Walkers

- NEVER use a walker! Walkers are dangerous.
- Walkers do not help the baby to walk sooner.



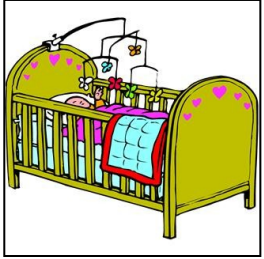






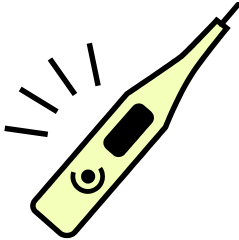

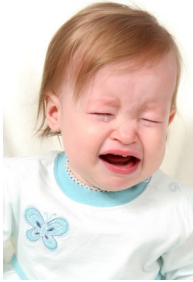


Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 6 Month Olds

Bonding	 <p>Use a high chair so baby can see you.</p>	 <p>Talk, sing, and read to your baby every day.</p>	 <p>Put baby to sleep on back, even when they are awake but tired.</p>
Feeding	 <p>You can try feeding solid foods if you think the baby is ready.</p>	 <p>If baby is able to sit up, you can try to use a cup instead of a bottle.</p>	 <p>Solid foods should have one ingredient. Try them one at a time.</p>
Family	 <p>Do you have support from other family members or friends?</p>	 <p>Pick people you can trust to take care of the baby when you aren't around.</p>	 <p>It's important to balance being a partner with being a parent.</p>
Call the doctor if:	 <p>Fever above 100.4 that doesn't go away</p>	 <p>Excessive vomiting or diarrhea</p>	 <p>Unusual Crying</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots and may get blood drawn for anemia and lead.

If you need to discuss a concern about your child, please call us at 215-427-5985.

