

Name _____

Date _____ Height _____

Weight _____ Head Circumference _____



Well Child TIPS FOR TAKING CARE OF YOUR 6-MONTH-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

- If a car has a passenger-side air bag, you must put your baby's safety seat in the back seat. Air bags will injure a rear-facing baby in the front seat.
- By the time your baby weighs 20 pounds, he will probably need a convertible child safety seat. (Check the weight limit of your child's infant safety seat to be sure.) He should face the rear of the car in a reclined position until he is 1 year old. The safest place for his child safety seat is the back seat. For more information on seatbelt safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- As your baby learns to sit up and crawl, you need to childproof your home. Put special safety covers on electrical outlets. Put safety gates at the top and bottom of stairs.
- Keep houseplants away from your baby and put cleaning supplies in a high, locked cabinet. These things can be poisonous. Put child locks on low cabinets that have things in them that could hurt your baby. Keep the Georgia Poison Center telephone numbers, 404.616.9000 or 1.800.282.5846, by your telephone. Call right away if you think your baby has swallowed something poisonous or if he gets poison on his skin or in his eyes or nose. For more information on

protecting your children from poisons, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.

- Buy the vomit-inducing syrup of ipecac to have on hand in case the Poison Center tells you to use it. Do not use it without their advice.
- Babies can drown in less than one minute in just two inches of water. It is easy for babies to fall into mop buckets, bathtubs and toilets when no one is watching. Empty the water out of mop buckets right away. Keep toilet lids and bathroom doors closed. Always keep one hand on your baby when he's in the bathtub and use a rubber mat to keep him from slipping.
- If you have any questions about immunizations, be sure to discuss them with your child's healthcare provider. Following a regular immunization schedule is very important for your child's health.
- Make sure your baby cannot reach long telephone cords or the strings you use to open window blinds. They may strangle him.

NUTRITION

- Babies are usually ready to start solids by 6 months. Rice or barley cereals are good foods to start with. Only try one new food each week so that you can tell if your baby is tolerating it well.
- After you have gone through trying infant rice, barley and oatmeal, your baby will be ready to try strained or very soft mashed vegetables. Start with green beans, carrots and squash. Then move on to fruits, other than citrus fruits. Try breads and grains next.
- Your baby is still getting most of his nourishment from breast milk or formula.
- You can begin giving your baby a cup with a small amount of breast milk, formula or water. He will not be able to use the cup well for a while, but he can begin developing this skill.



DEVELOPMENT

- Your baby may be able to put two sounds together, such as “ga-ga” or “da-da.”
- Between 6 and 8 months of age, some babies can wave bye-bye, clap and play games such as patty-cake and peek-a-boo. When your baby learns something new, smile and clap for him. Let him know that you are proud.
- Your baby may be able to roll over from his stomach to his back and then go back to his stomach. He may also be able to sit up by himself. Soon, he will be able to stand up while holding on to something.

PARENTING

- When your baby’s first tooth comes in, he may become fussy. To help him feel better, give him a special teether that you can put into the refrigerator and make cold, rub your finger on his gums or give him cold water to drink.
- When babies are teething and fussy, it is sometimes hard to tell if they are sick. Call your child’s healthcare provider if you are not sure why your baby is crying.
- As your baby learns to move on his own, be sure to leave him in a safe place, such as his crib or playpen, if you need to leave the room.

NEXT VISIT _____

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your baby safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS _____

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.

