

Cranky and Fussy?

- Teething may start now. Give a chilled teething ring, frozen washcloth, teething biscuit, or massage his gums with your clean finger. If nothing else helps, try a dose of Tylenol or Motrin.
Avoid numbing creams or over the counter herbal teething products as they can be overdosed easily.
- Things to try for a fussy baby: changing the diaper, rocking, singing, giving a pacifier, walking, swinging, bathing, whispering, riding in the stroller.
- If you become overwhelmed, put your baby in a safe place and take a break.
- Your baby may fuss a bit before falling asleep. Try to put them down while drowsy, so they learn to fall asleep by themselves. Limit naps to 2-3 hours and try to space out daytime feedings. Try to gradually phase out night feedings. Maintain a bedtime routine.
- Babies make noises sometimes during light sleep. Your baby may not actually be awake if they just whine or moan. Give them a few minutes to see how alert they are. Try to comfort them without picking them up.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org.

Six Month Visit

We will record your baby's height, weight, and head circumference. The numbers themselves are not as important as the trends over time, and they do not have to be average (50th percentile) to be normal.

Let your doctor know if you believe your baby may have had a reaction to the vaccines given at your last visit.

Let your doctor know today if...

- Your baby does not use both arms and both legs equally.
- Your baby does not roll over.
- Your baby does not reach for toys.
- Your baby does not look at you.
- Your baby never smiles back at you.
- Your baby does not laugh or babble.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about him or unable to enjoy being with him.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.
- You have a WIC form and you need a blood test today.

Your next visit

At the nine month visit your doctor...

- Will check your baby's growth.
- May discuss a blood test for anemia and lead.
- May discuss vaccines for influenza and COVID.
Vaccine information is available at: www.cdc.gov/vaccines.



Weill Cornell Medicine
Primary Care

Six Month Visit



weillcornell.org/primarycare

Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child.
- Recommended immunizations:
 - DTaP (diphtheria, tetanus, whooping cough)
 - Hepatitis B
 - IPV (polio injection)
 - Hib (used to be the most common type of meningitis)
 - Prevnar (pneumococcal)
 - COVID
 - Influenza
 - Rotavirus (a stomach virus)
 - RSV antibody injection (seasonally)
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the COVID vaccine.

Staying Healthy

- Tell your doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Wash hands before feedings and after diaper changes.
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Bathe your baby only with plain water or a mild soap.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call for an office visit if your child has fever > 101 for more than 24-48 hours (other than in the 48 hours after vaccination) or sooner if they have fast or labored breathing, are not drinking well, or look very ill to you. A temperature of >105 is reason for a prompt evaluation.
- For fever or pain, your child can have acetaminophen every 4hrs (Tylenol): “Infant’s” and “Children’s” (160mg/5mL)_____ or Feverall suppository_____ or ibuprofen every 6hrs (Motrin/Advil): Infant drops(50mg/1.25mL)_____ or Children’s (100mg/5mL)_____ Never give aspirin—it can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat.
- A bus is safer than a taxi.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Install window guards.
- Check the bath temperature.
- Never microwave a bottle. Hotspots may cause a burn.
- Do not hold hot liquids while carrying your baby.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets and balloons. Keep all small objects out of reach.
- Always put your baby on their back for sleeping (naps too).
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Do not put your baby in an infant walker.
- Start babyproofing.

Typical Development

By six months most babies...

- Roll from tummy to back.
- Push up with straight arms when on tummy.
- Lean on hands to support themselves when sitting.
- Put things in their mouth to explore them.
- Reach to grab a toy they want.
- Close lips to show they don’t want more food.
- Take turns making sounds with you.
- Blow “raspberries”.
- Make squealing noises.
- Know familiar people.
- Like to look at themselves in a mirror.
- Laugh.

Some babies...

- Show fear of strangers.
- Bear weight on their legs.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people largely takes place in the first 2 yrs.
- Talk, read, sing, play peek-a-boo and pat-a-cake, and laugh with your baby.
- Play music. Look in mirrors.
- Show them colorful books.
- Model loving and caring interactions between adults for your child to witness.
- Keep them away from violence such as loud arguments or violent video.
- Avoid “educational” videos and apps.
- Give your baby rattly, chewy, and squeaky toys.
- Spend daily “tummy time.”
- An Exersaucer is fun, but a mobile walker is not safe.

Good Nutrition

- Breastfeeding still provides benefits for babies’ health and development.
- Use only a formula with iron. Low-iron formulas may lead to anemia, which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Offer solid foods: cereals –rice, oats, barley; vegetables and fruits; meats. Offer allergenic foods between 6-9 months. Browse: <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>
- Your baby does not need any fruit juice (nutritionally).
- A few ounces of city tap water daily in a sippy cup provide fluoride for strong teeth.
- Avoid honey before one year.
- Phase out the night feedings. Do not put your baby to bed with a bottle, and never prop one in their mouth.

Normal Elimination

- Stools may be yellow, green, or brown and firmer.
- Stool frequency may decrease to as little as once a week.
- If stools become hard or pellet-shaped, try giving more pears, peaches, or prunes, or a few ounces of diluted pear or prune juice each day. (There is no other reason to give juice.)