

WELL CHILD VISIT



pediatrics

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DEVELOPMENT

Daily Activities:

- Adores playing with balls, rattles, and squeaky toys
- Sleeping longer stretches
- Usually begins teething
- May enjoy playing with food
- Loves games like “peek-a-boo,” and “patty cake”
- Your baby should be able to sit up with some support of the back

Language Development:

- Babbles and squeals using single syllables
- Loves to jabber
- May recognize own name

Emotional Development:

- Displays strong attachment for mother
- May show sharp mood changes
- Smiles at other children
- Intrigued with mirrors

Sleep:

- Your baby may not want to be put to bed
- A favorite blanket or stuffed animal may make it easier
- Be calm and consistent

Six (6) Month

Congratulations on making it this far.

How are the feedings going?

Your child will receive the Pediarix, Prevnar, Rotateq, Hib, and possibly Influenza vaccinations.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

FEEDING

Your baby still needs breast milk or infant formula to continue healthy growth. Continue to explore new foods. Remember to strive for three meals a day as this will help you later. Also, we encourage introducing meats twice a day. Do not introduce eggs until 12 months of age.

SAFETY TIPS

- Never leave your child alone, except in a crib.
- Avoid using walkers as they may cause injuries.
- Be cautious of staircases.
- Avoid choking hazards and suffocation.
- Never allow smoke near your baby.
- Use an approved infant car safety seat. Follow instructions for proper installation.
- Parents should wear seat belts to set good example.
- Now is a safe time to begin applying sunscreen (avoid the eyes!)
- Never eat, drink, or carry anything hot while you are holding the baby.
- Consider installing baby gates as needed.



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SCREENINGS: HOW ARE YOU?

- Edinburgh screening for mom.
- SWYC

VACCINATIONS

Pediarix, Prevnar, Rotateq, Hib, and possibly Influenza

Please take a few minutes to read the vaccine information sheets. They cover many common questions regarding the immunizations your child will receive today.

One of the most common questions regarding vaccines is fever. There is a small risk of fever with immunizations. Accordingly, we recommend Tylenol.

Today's Tylenol infant drops dose for your child is _____ ml.

NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later as they continue to grow and learn.

YOUR NEXT VISIT

You should return in three months. At that time, we will discuss expanding the diet to include some soft table foods. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Good luck.

BOOK RECOMMENDATION

Solve Your Child's Sleep Problems by Richard Ferber, M.D.