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## Six Month Exam

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz      Length \_\_\_\_\_ inches      Head Circumference \_\_\_\_\_ inches  
\_\_\_\_\_ percentile                              \_\_\_\_\_ percentile                              \_\_\_\_\_ percentile

### **Feeding**

Continue feeding breast milk or formula as you have done. If your baby is tolerating cereals, he/she is ready to begin fruits and vegetables. You may have already introduced some of these into your baby's diet. Offer each new vegetable or fruit one at a time, working up to a full serving of one-half or a smaller single serving jar. Gradually increase the amount to three-fourths to one full jar per day. Fluoride may be needed at this time if you have well water.

### **Development**

Your baby may be sitting alone, babbling, discovering feet, reaching and mouthing, transferring a toy from one hand to another, and rolling from back to front.

### **Safety**

Now is the time to baby-proof your home, before he/she begins to creep or crawl.

- 1) Safety locks should be on all cabinet doors.
- 2) Cleaning supplies must be out of reach.
- 3) Gates need to be at the top and bottom of all stairs.
- 4) Cover all electrical outlets; disguise electrical cords behind furniture.
- 5) Set temperature on water heaters below 120°F
- 6) Never use walkers. Walkers can cause serious injury or death to babies. Additionally, they may actually delay your baby's first steps.
- 7) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs **and** 2 years of age should be rear facing, and never placed in the front seat.

### **Immunizations**

Your baby will get his/her third "set" of immunizations today.

- 1) Pediarix (DtaP, Hep B, IPV combined) # 3
- 2) *Hemophilus influenzae* type B (a major cause of meningitis) – HiB # 1
- 3) Prevnar # 3 (Pneumococcal 13-valent vaccine – PCV13)
- 4) Rotateq # 3

### **Next Visit**

Next visit is in three months, when your baby is nine months of age.