



## 6 Month Well Child Check

### Expected Developmental Milestones

- Likes to play with others, especially parents
- Responds to others' emotions
- Begins with consonant sounds ("m", "b")
- Brings things to mouth
- Begins to pass things between hands
- Rolls over in both directions
- Starting to sit without support

### Feeding

- Most babies have doubled their birth weight
- Continue with breast or formula feeding now adding solid foods:
  - o Introduce new foods one at a time
  - o No hard foods – only small bites of very soft finger foods or purees
  - o Expect stools to become less frequent and more formed

### Teeth

- For teething: offer cool teething ring or cool wet washcloth for soothing. Avoid use of oral numbing gels or teething tablets
- Clean gums and teeth twice daily with soft cloth or toothbrush
- No bottles in bed and do not prop the bottle

### Sleep

- Continue to place baby on their back to sleep
- No loose bedding such as pillows or toys
- Lower the mattress all the way

### Med Dosing

<i>Weight</i>	<i>Infants' Motrin (every 6-8 hours as needed)</i>	<i>Infants' Tylenol (every 4-6 hours as needed)</i>
6-11 lbs	-----	1.25 mL (¼ tsp)
12-17 lbs	1.25 mL (¼ tsp)	2.5 mL (½ tsp)
18-23 lbs	1.875 mL	3.75 mL (¾ tsp)

### Play

- Encourage active play: peekaboo, patty-cake, mirrors, colorful toys
- Place baby sitting up and looking around
- Read together daily
- Talk with your baby, copying sounds s/he makes

### Safety

- Rear-facing car seat in the back seat
- Keep a hand on your baby when dressing or changing him. Never leave your baby on a surface unattended.
- Set the water heater so that the faucet temp is at or below 120°F
- Never leave your baby alone near any water
- Place gates on stairs
- Lock up poisons, medicines and cleaning supplies

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
<ul style="list-style-type: none"> <li>- Pentacel #3 (DTaP, Hib, Polio)</li> <li>- Prevnar #3</li> <li>- Rotavirus #3</li> <li>- Hepatitis B #3</li> </ul>	<ul style="list-style-type: none"> <li>- Pentacel #3 (DTaP, Hib, Polio)</li> <li>- Rotavirus #3 (optional)</li> <li>- Follow-up in 1 month for Prevnar vaccine</li> </ul>

- For more info:  
<https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 9 months old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)
- Poison Help: 1-800-222-1222
- Birth to Five Helpline:  
1-877-705-KIDS (5437)