



Pediatric Partners, L.L.C.

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THE SIX MONTH CHECK-UP

Return in Three Months

Check-up Snapshot

WT _____ %
 HT _____ %
 H.C. _____ %

Immunizations

DTaP _____ HepB _____
 Hib _____ MMR _____
 Polio _____ Vaivax _____
 Date _____ M.D. _____

Your child now has the beginnings of some personality skills and will smile, laugh, and make faces with anyone who will play along. Your baby will begin to babble in response to your voice. Babies at this age will begin to develop stranger anxiety and take longer to "warm up" to new people.

Your baby is now getting strong enough to roll over, sit with very little help, and bears weight on the legs when standing. Toys are becoming more interesting and small ones can be grasped, moved from one hand to the other, and brought up to the mouth. Hearing has also become more precise, and your baby will turn toward sounds.

FEEDING

Breast-milk and formula continue to be the main source of nutrition. You may start giving your baby pureed foods if you have not already started. Start a new food each week, starting with vegetables then fruits. In about two months you can start meats. Start with one meal a day and work towards two to three a day. Make sure to avoid all finger foods. Always supervise your child when she is eating.

Start to offer your child a cup at mealtime instead of the bottle or breast. Learning to use the cup is a process that may take several weeks to learn. We like to see kids off the bottle by about 12 months. Continue to avoid honey until after one year of age to avoid botulism. Do not introduce eggs or citrus fruits until 9 months.

GENERAL CARE

Sleep problems often start around this age. It is best to put babies to sleep the same time every night and while still awake so they can learn how to soothe themselves to sleep. If you know your baby is not sick and her needs are met, then it is okay to let your child cry until she falls asleep. If possible, your child should sleep in a room by herself. Do not use a bottle at bedtime as pooling of milk in the mouth

and throat may lead to tooth decay and increased number of ear infections. If your baby wakes up in the middle of the night, do not give a bottle and spend only a brief period with your baby before putting her back to sleep. Otherwise your baby may get used to a nighttime "routine" and result in some long nights in the future.

Now is the time to set some limits and use a small number of consistent rules to guide your child's activities. The rules need to be broad enough to allow freedom to play and explore, but do need to be consistently used if they are going to be effective.

If your baby is only taking breast milk and no formula, or if your local water supply has a low level of fluoride, then a fluoride supplement may be given to lower the risk of cavities.

At this age infants may get an infectious illness that is associated with a high fever. Viruses still cause most of these illnesses, but the higher the fever the greater the chance of a bacterial infection. Fever itself is not dangerous and brain damage from fever will not occur unless it is over 107 degrees. Children with high fevers who are alert, and do not appear ill can be treated with acetaminophen or ibuprofen and observed if they are taking fluids well. Call if you think your child is seriously ill.

PREVENTION/SAFETY

Continue to use your car seat and make sure it is installed appropriately at all times. Do not leave your child alone on an elevated surface, while giving a bath, or with a young sibling or pet.

Your child is now about to become very mobile and independent. Most accidents will occur because of your child coming into contact with something that should be out of her reach. Make sure all objects that could be poisonous, cause burns and choking, are put away in a safe place. Keep sharp objects and any cords out of reach. Do

not leave any buckets or tubs of water around the house and continue to check the temperature of the bath water to make sure it is not too hot.

Safety latches should be placed on drawers and cabinets, toilets, and windows. Place safety plugs in the electrical outlets. Install baby gates at the top and bottom of stairs and lower the crib mattress. Do not use walkers.

Keep your baby's environment smoke-free and avoid prolonged sun exposure. Sunscreens with a sun protective factor (SPF) of 15 are recommended. Keep pet food and dishes out of reach and do not allow your child to approach an animal while it is eating.

Before six months of age, we recommended that babies always sleep on their back or side. Sleeping position after six months of age can be either on the back or stomach. Your child will most likely pick which way she prefers. We recommend you **do not** have pillows, stuffed animals or heavy blankets in the crib which could get wrapped around your child's face. To make the crib even safer, remove the bumper pad. This serves no purpose other than decoration and if your child got her face wedged in the corner of the crib with the bumper pad in place, she might not be able to breath.

OTHER INFORMATION

CPR courses are available in Fremont for parents by calling 402-354-6551 for registration.

For more information contact Barb Anderson at The Fremont Area Medical Center.

Her number is 402-727-3356.

BOOK SUGGESTIONS

- The American Academy of Pediatrics "Caring For Your Baby And Young Child-Birth To Age 5" by Steven P. Shelov, M.D. and Robert Hannemann, M.D.
- "Your Child's Health" by Barton D. Schmitt, M.D.