

# 6 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

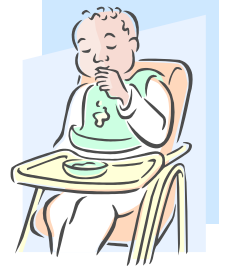
(215) 525-8600

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## What will happen today:

- You and your medical provider will talk about parenting, your home, your baby's health and safety, and keeping your baby happy and healthy
- Your baby may receive shots
- Your medical provider will address any concerns you have



## Teething:

- Your baby may get their first tooth from 4 months to 1 year of age
- The first tooth is usually a top or bottom front tooth
- Teething can be painful! Know the signs of teething:
  - Chewing or biting all the time
  - Drooling
  - Not wanting to eat
  - Crying or being fussy
- You can give your baby a rubber or plastic teething ring to chew on. It helps to cool the ring in the fridge
- If your baby does not want to eat, it is okay to wait until the pain goes away. Do not force your baby to eat!



## Development:

Your baby should be able to:

- Sit without help; roll over
- Move toy from hand to hand
- Feed self; hold bottle
- Babble; knows own name

## Safety:

### Car Seats:

- Use a car seat EVERY time your baby is in the car
- The seat should be in the backseat of the car, facing the rear window
- NEVER leave your baby alone in the car

### Cribs:

- Keep your baby's crib away from windows. Cords from the blinds can strangle them

### Walkers:

- NEVER use a walker! Walkers are dangerous
- Walkers do not help the baby walk sooner



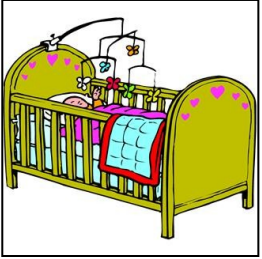






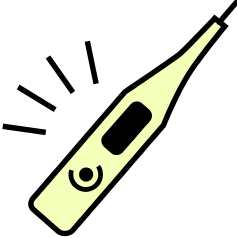

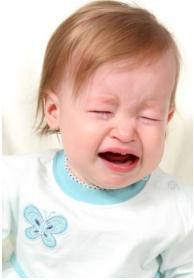


Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 6 Month Olds

<b>Bonding</b>	 <p>Use a high chair so your baby can see you</p>	 <p>Talk, sing, and read to your baby every day</p>	 <p>Put your baby to sleep on their back, even when they are awake but tired</p>
<b>Feeding</b>	 <p>You can try feeding solid foods if you think your baby is ready</p>	 <p>If your baby is able to sit up, you can try to use a cup instead of a bottle</p>	 <p>Solid foods should have only one ingredient. Try them one at a time</p>
<b>Family</b>	 <p>Do you have support from other family members or friends?</p>	 <p>Pick people you can trust to take care of your baby when you aren't around</p>	 <p>It's important to balance being a partner with being a parent</p>
<b>Call the doctor if:</b>	 <p>Fever above 100.4 F that doesn't go away</p>	 <p>Excessive vomiting or diarrhea</p>	 <p>Unusual crying</p>

## At the next visit:

- Your child will have a physical exam
- They may receive shots
- They may get blood drawn to test for anemia and lead