



Bright Futures Parent Handout 6 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
 - Opens mouth for the spoon.
 - Sits with support.
 - Good head and neck control.
 - Interest in foods you eat.

Starting New Foods

- Introduce new foods one at a time.
 - Iron-fortified cereal
- Good sources of iron include
 - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
 - Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby's signs of fullness.
 - Leaning back
 - Turning away
- Do not force your baby to eat or finish foods.
 - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
- To prevent choking
 - Only give your baby very soft, small bites of finger foods.
 - Keep small objects and plastic bags away from your baby.

How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.

FUNCTIONING

- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

ORAL HEALTH

Your Baby's Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.

INFANT DEVELOPMENT

Crib/Playpen

- Put your baby to sleep on her back.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2³/₈ inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
 - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Lower your baby's mattress all the way.
- If using a mesh playpen, make sure the openings are less than 1/4 inch apart.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
 - Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

SAFETY

What to Expect at Your Baby's 9 Month Visit

We will talk about

- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

NUTRITION AND FEEDING

FAMILY FUNCTIONING



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Dear Parents,

Because your child's first years of life are so important, we want to help you provide the best start for your child. Our practice has been using Ages and Stages Questionnaires (ASQ) to monitor your child's development. We are now able to provide this screening online for your convenience.

You will be asked to answer questions about some things your child can and cannot do. The questionnaire includes questions about your child's communication, gross motor, fine motor, problem solving and personal social skills. You, as a parent, will be filling these questionnaires out for your child for his/her 9 month, 12 month, 15 month, 18 month, 2 year, 3 year, 4 year, and 5 year well child checks.

We will email you a reminder to complete your questionnaire two weeks before your child's upcoming well child check. Please add our email address, info@johnscreekpediatrics.net to your safe list. That way, when we email you the reminder, it will go directly to your inbox. To participate in this screening study, please access the secure URL listed in the email. You do not need to print out the questionnaire. Complete the items online. Be sure to go through all the questions and then press the *SUBMIT* button. We will receive the results electronically. If we have not received them a few days prior to your appointment, we will give you a reminder call.

If you have any difficulties, please contact our office at 770.814.1160. We look forward to your participation in ASQ-3.

Sincerely,

Johns Creek Pediatrics, PC
Karen Dewling, M.D.
Harriette Perlstein, M.D.
Jennifer Kadlec-Looby, M.D.

Home Safety

To help ensure your home is a safe place for your child, please review the following guidelines.

Bedroom Dangers

1. The changing table can be a dangerous place for an unattended child. Always use the safety belt and keep a hand on your child at all times.
2. Baby powder should be kept out of reach of children. Avoid using it around your baby's face because talc or cornstarch in the powder can injure a baby's lungs.
3. All window coverings ideally should be cordless but if you do have drapery or blind cords make sure these are tied up without loops so your child can't reach. Loose cords can strangle a child.
4. Babies should sleep on their backs until the age of 1 year to decrease the risk of sudden infant death syndrome. The crib should be free of clutter (no stuffed toys, pillows, quilts, comforters or anything that could cover their face). The mattress should be firm, covered with a tight crib sheet, and fit snugly in the frame. The slats should be no wider than 2 3/8 inches. Make sure the head and foot board does not have any cut outs that your child may become trapped. The crib must be correctly assembled with all hardware tightened securely. Nothing with strings or ribbons should be hung over the crib.
5. Make sure night lights are away from drapes or bedding to avoid starting a fire. You should buy only "cool" nightlights.
6. Make sure all outlets in the home are covered with plug protectors.
7. Make sure window guards are secure to prevent a fall from the window.
8. Depending on the size of your home you will probably have multiple smoke alarms. Make sure there are alarms outside of every bedroom or any place where people sleep. Batteries should be changed yearly and tested monthly to make sure the alarm still works.
9. The best type of toy chest is a box or a basket without a lid. If you have a chest make sure the hinges hold the lid open, the chest is non-locking, and has air holes in case your child gets trapped inside. Any furniture that a child could pull down on top of their body should be secured to the wall to prevent this.
10. If you have a humidifier it should be cool mist to prevent burns and should be kept clean to avoid bacteria or mold growth

Kitchen Dangers

1. Any sharp objects, hazardous materials, or anything that could be harmful to your child if ingested or handled (cleaning supplies, dishwashing detergent, vitamins, medicine, matches, lighters, etc.) should be kept in drawer or cabinet with child safety locks.
2. Keep stools or chairs away from counters. Use back burners and point pot handles toward the back of the stove. Keep your child away from the stove when it is on. All appliances should be out of reach of your child and unplugged when not in use. Appliance cords should also be kept out of your child's reach.
3. Make sure your dishwasher and stove have a childproof lock. Make sure knob protectors have been placed on stove knobs.
4. Make sure your child's high chair has a safety belt with a strap between the legs.
5. Keep a working fire extinguisher on hand at all times and know how to use it.

Bathroom Dangers

1. Since there are many potential hazards in the bathroom keep the door closed with a childproof doorknob cover to keep your child out when not with you. Keep the toilet lid down and consider a lock for the lid.
2. Always stay within arm's reach of your child when he is in the bathtub. A child can drown in even a few inches of water. You should also make sure the bathmat is non-skid and the tub has nonskid strips to prevent falls.
3. Just like in the kitchen keep all medications, cleaners, toiletries, or any potentially hazardous items in a childproof locked cabinet. Make sure all medications have child resistant caps. Make sure all electrical appliances are unplugged and out of reach. Outlets should have ground fault interrupters (GFIs).
4. The hottest temperature at the faucet should be no more than 120°F to avoid burns. Usually you can adjust your hot water heater.

Other General Home Dangers

1. Make sure all furniture and any other heavy items like a TV or lamp are secure so they can't fall on your child.
2. Some houseplants are poisonous so keep out of reach of children. Teach your child to never pick and eat anything from an indoor or outdoor plant.
3. Make sure any sharp edges on tables, fireplace, etc. are padded.
4. Make sure all electrical outlets are covered with a childproof cover. There should be no frayed, worn, or damaged electrical cords and outlets should never be overloaded. Cords should also be kept out of reach of children. Run them behind furniture and don't let them hang down for children to grab.
5. All fireplaces should be blocked from access and lighters and matches kept in a locked cabinet. Only use candles when an adult is present. Candles should never be left unattended.
6. Homes without firearms are safest for children, but if you must have a gun make sure it is stored unloaded in a locked safe. Ammunition should be stored locked in a separate area.
7. Make sure your family has a fire escape plan. You should practice home fire drills with the entire family.
8. All stairs should be blocked with a child safety gate.
9. Make sure all areas of your home are free of small parts, small toys, coins, balloons, plastic bags, or anything which may present a choking hazard.
10. Paper shredders should always be unplugged and out of reach of children. Treadmills should also be unplugged and cord concealed from children.
11. Make sure the poison control number is posted by all phones and programmed into your cell phone. Teach your child how to call 911 in an emergency.

Pool and Playground Dangers

1. Home playground equipment should be assembled correctly, on level ground and anchored firmly. The swings should be made of soft material such as plastic, rubber, or canvas. Wood chips, mulch, or shredded rubber should be under the equipment. The recommended depth of the mulch is 9 inches for play equipment up to 7 feet high.
2. Pools should always have at least a 4 foot fence surrounding them and separating them from the house. The fence gate should swing out, self-close and self-latch. The latch should be high and out of reach of children.
3. You should have easy access to rescue equipment such as a shepherd's hook or a life preserver. A phone should also be easily accessible.
4. Learn CPR. Your skills could save your child's life!



Introducing Solid Foods

When should I start giving my baby solid foods?

- Breastfeeding is a complete source of nutrition for the first 6 months of life. Our practice recommends exclusive breastfeeding for as long as possible during the first year of life. Many parents introduce formula feedings in the early months as well. Introducing pureed baby food helps babies to learn to enjoy new tastes and textures and is fun!
- Between **4 and 6 months** most babies are ready to start solids. We do not recommend starting prior to age 4 months. Signs they are ready include:
 - Holding their head up without wobbling
 - Opening their mouth for a spoon
 - Seeming interested in what you are eating
 - Disappearance of prominent “tongue thrust” reflex (pushing food out of their mouth with their tongue)
- When these milestones occur and parents feel ready, it is time to start solid foods.
- Always take your time and follow your baby’s cues. If your baby is interested and enjoying the experience, keep going. If not, wait a week or so and try again. There is no rush.

What foods should I introduce first and what is the schedule?

- There are many opinions about which foods to introduce first. The most important concept is to start with a **single ingredient food and wait a few days in between new foods** to make sure your baby doesn’t have an allergic reaction. *Allergic reactions* can include vomiting, frequent diarrhea, blood in stools, hives or other rash. If you suspect an allergic reaction, discontinue the food and call our office.
- We encourage a diet rich in **fruits and vegetables**, so this is a good place to start. Babies also need an additional source of iron in the diet, so enriched cereals and pureed meats are good to introduce as well. If you are vegetarian or prefer not to introduce meats or cereal, consider adding a multivitamin with iron such as Poly Vi Sol with Iron, 1 ml dropperful each day, especially if you are breast feeding. Breast milk has a small amount of iron that is very well absorbed, but without an additional source of iron, many babies become anemic.
- Begin by trying a few spoonfuls of a food. As your baby gets the hang of it, work up to 3 meals a day including a fruit or vegetable and a source of iron at each feeding. You can offer the food at a meal time and include breast milk or formula before or after the pureed foods, whichever your baby prefers.
- You can make your own baby food or buy the prepared ones, whichever you prefer. Stage 1 foods are a thin, smooth puree. Stage 2 foods are still a smooth puree, but are a little thicker, with more varieties. Stage 3 foods contain a chunk and smooth component. Most babies prefer self-feeding with table foods when they are ready for a chunky food.

Are there any foods I should avoid?

- **Honey and cows milk** should be avoided until your baby turns 1 years old
- **Hard foods** your baby could choke on such as raw vegetables or large chunks of meat
- **Round foods** should be cut in half or quarters such as grapes to avoid choking
- It is **OK** to give eggs, dairy, soy, peanut products, or fish. In the past, it was recommended to delay introduction of common allergenic foods. However, updated research has proven this is not necessary and can actually increase rates of food allergies.

Can I give my baby water?

- Once your baby is **6 months old you** can offer water at meals in a sippy cup. They get enough water in their milk but this is practice for when they will eventually wean from the bottle.
- They do not need more than 8 oz of water a day. Excessive water intake can alter electrolytes and lead to seizures.

Helpful References:

Books

Feed Me, I'm Yours by Vicki Lansky

Child of Mine: Feeding with Love and Good Sense by Ellyn Satter

Cooking Light First Foods: Baby Steps to a Lifetime of Healthy Eating

Websites

Healthychildren.org

Strong4life.com

Apps

Solid Starts

