

RENAISSANCE PEDIATRICS, P.C.

6 Month Well Child Check

Development

Sits with support

Smiles and babbles (“ah”, “eh”,
“oh”, “m” & “b”)

Watches hand, Reaches for objects

Grasping with finger & thumb

Baby enjoys bouncing in standing
position

Rolling over, Rocks back and forth,
and Rotates position while sitting

Provide your baby with a consistent
bedtime and daily routine

Your baby’s vision is improving and
they enjoy exploring their surround-
ings with their eyes

Recognizes familiar faces, and starts
to recognize whether a person is a



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child’s pattern of development please feel free to ask us!

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- Allow simple choices for your child to make when possible
- Stranger anxiety & separation anxiety are still very common
- Parenting is tough! Make sure you & your partner have “breaks” too
 - Toddlers at this age go through an “appetite slump”
- Bedtime needs to be consistent night to night, toddlers love routine
- Your child may awaken at night, do not give them a cup or bottle & do not bring them to bed with you

Safety

- Now is the time to safety check your home.
- The kitchen is the most dangerous room for children. Keep your baby buckled into a high chair, crib, or stationary activity center when cooking
- Your baby explores their surrounding with their mouth, keep all small objects and choking hazards out of reach
 - To prevent choking, limit “finger food” to soft bits
- Infant walkers are not recommended at any age, exer-saucers are okay
- Never leave your baby for even a second in bathtub, water, or high places.

Oral Health

- The use of fluoride supplements will depend on whether your baby is breastfed or formula fed as well as the water source. Check with your local health department about community fluoride levels (Target=1ppm)
- Clean your baby’s teeth with a washcloth, or soft toothbrush with water
- Continue to hold your baby for bottle-feeding. Do not prop the bottle or let your baby graze (drink from a bottle at will during the day)
 - Do not put your baby to bed with a bottle

Feeding & Nutrition

- Introduce single-ingredient new foods, one at a time, and watch for adverse reactions over several days to a week
- Babies may have eggs, fish & meats after 4-6 months, no evidence exists that links these healthy foods to an increased risk of allergies
- Offer solid foods 2-3 times a day & let your baby decide how much to eat
 - It may take 10-15 experiences before a new food is accepted
 - Avoid peanuts and tree nuts until after 1 year
 - Feed your baby in a high chair
 - Offer sips of breast milk, formula, or water from a small cup
- Limit juice to 2-4 oz. & not until taking solids more than 3 times/day

6 Month Well Child Check Cont.



Parents Points of Interest

Crib safety

Lower the crib mattress to the lowest point before your baby starts standing

Poison Control Center

Keep household products locked up and out of your baby’s sight and reach. Call Poison Control Center 1-800-222-1222 immediately if your baby eats something that may be poisonous.

Entertainment

Children under 2 years should not watch TV, DVDs, videos, or use computer products.

Breastfeeding Babies

Even if only partially breastfeed, all nursing babies should receive vitamin supplements containing 400 IU of vitamin D.

For additional information on these and more topics visit: www.renaissanceped.com