

WELL BABY CARE

Six month check-up

IMMUNIZATIONS: At this visit, your baby will receive his/her third immunizations, Pediarix (DTap/Hep B/IPV), Hib, Prevnar and Rota Teq. As in the past, expect that your baby will have a little bit of fever and may be fussy for a day or two. You can prevent some of this by starting Tylenol as soon you get home – the dosing sheet will tell you how much your child needs. Your baby may develop a tender lump under the skin where the shot was given. This is to be expected and may last for several weeks.

FEEDING: Two hints about starting solid foods:

1. Initially, babies do not know how to use their tongue in feeding. They are used to a bottle or breast, so when you start putting in solid foods they often push the food back out. This often makes parents think that the child does not like the solid food. However, this is just because your baby has not yet learned how to eat.

2. Your baby will have periods of poor appetite. Don't let this worry you. If they don't seem to want to eat, they are not hungry. Don't force them to eat. It will only frustrate and worry you. Babies, unlike adults, seem to know how much food their bodies need, and if they don't want to eat, they probably don't need food at this time.

SAFETY:

FEVER: It is ok to give your Tylenol or Ibuprofen (see dosing sheet for correct dosage), but if your baby has high fever – greater than 102 rectally – and you do not know why, the baby should be seen within 24 hours.

POISONING: As you have noted, at this age, children automatically put anything they find into their mouth. The next 2 years will be the most dangerous time for your child to poison him or herself. Do not wait until your child starts to get into things to get poisons out of the way. Some of the most poisonous things you have in your home are the cleaning supplies for dishes, laundry, etc (Drano, Clorox.) All of these items should be on a high shelf, out of reach, & preferably with a latch on the cupboard door.

Obviously, all medicines should be kept on a high shelf, again, with a latch on the door. All medicine is potentially poisonous.

THE POISON CENTER PHONE NUMBER IS 602-253-3334. IF YOUR CHILD IS POISONED, CALL THEM FIRST.

CHOKING: Babies start to constantly put things in their mouth at this age. Please make sure all little things (i.e. buttons, coins) are out of reach. It is a good idea to become CPR certified to learn what to do if your baby chokes.



CAR SEATS: You should have an infant seat for your child whenever you ride in a car; be sure and strap them in. Remember accidents are one of the leading causes of deaths in childhood. Please use infant seats. If your baby is getting too big for an infant seat there are car seats for 18-35 pounds that are rear & forward facing. It is important that your child's car seat continues to face the back of the car at this time.

WATER SAFETY: You should never leave a bucket or doggy bowl with water where the child can reach. If you have a pool, you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision, but since 24 hour adult supervision is impossible, barriers like a 4-sided fence are necessary.