

Well Child Check

6 Months

Nutrition

- **Breast milk or formula** should still be your child's primary source of nutrition through the first year of life. There are more calories per ounce of breast milk or formula than most solid food can provide.
- Look for signs that your baby is ready to start solids: not pushing food out of the mouth, can raise the tongue to move pureed food to the back of the mouth, opens mouth when spoon approaches in anticipation of food. Also look for hunger cues. Your baby may indicate a desire for food by opening the mouth and leaning forward, and your baby may indicate fullness by leaning back and turning away.
- You may begin solid foods by offering one new food at a time.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- We recommend introducing **organic pureed vegetables** as baby's first food. Well washed and steamed organic sweet potatoes or green vegetables, or avocado can be pureed with either formula or breastmilk to make a healthy starter puree. In the beginning, only introduce one new food every few days in order to watch for rare adverse reactions (hives, lip swelling, vomiting or difficulty breathing). If any of these side effects happen, notify our office immediately or call 911 for emergencies.
- Start by offering solids 1-2 times per day then slowly increase to offering solid foods 2-3 times a day. Let your infant decide how much to eat. If a food is rejected, try it again later. Do not force your infant to eat or finish foods. It may take up to 10-15 experiences before a new food is accepted.
- **Iron** is an important nutrient at this age for proper development and growth. Good sources of iron include beans (lentils, kidney beans, black beans, garbanzo beans), leafy green vegetables (spinach and swiss chard), broccoli, eggs and meats, especially grass-fed beef and the dark meat of free-range poultry. Iron is especially important for breastfed infants. Using in combination with foods high in vitamin C will increase the body's ability to absorb iron.
- Small amounts of **water** are okay but not necessary (up to 6oz in 24 hours). Juice is only recommended for infants who are constipated.
- **Do not** give honey (risk of botulism) or cow's milk (risk of iron deficiency anemia) to your infant until 12 months old. Avoid choking foods like pieces of raw carrots, apples, grapes, nuts, popcorn, or hot dogs. Avoid giving any processed foods or packaged foods with hard to pronounce ingredients on the label, or foods with added sugar or salt.
- When introducing **dairy**, choose grass-fed, whole fat dairy products without added sugar. Organic kefir is also an excellent choice.
- When introducing **grains**, choose organic, whole grain cereals and avoid refined grains (the refining process eliminates the nutrients).
- It is now recommended to give young infants food such as **organic nut butter** (made into a "soup"), eggs and fish when developmentally appropriate to avoid choking. Early introduction appears to help prevent development of food allergies.
- **Omega 3 fatty acids** may aid in infant brain development and improve immune system function. Include foods such as wild caught salmon, walnut butter, freshly ground flax and hemp seeds (mixed into purees), omega-3 enriched eggs.
- Breastfed infants should be getting either 400 IU **vitamin D3** daily, or breastfeeding mothers should be supplementing with 6400 IU of vitamin D3 daily to get enough in their breastmilk (please talk with your healthcare provider prior to starting supplementation). Formula fed infants get enough vitamin D3 in formula, so do not need supplementation.
- **Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be started to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.
- Excellent **baby food books** with more detailed solids introduction guidance include: [Little Foodie](#) by Michele Olivier or [Real Baby Food](#) by Jenna Helwig
- If **bottle feeding**, consider using glass bottles to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk. Have your infant begin drinking from a sippy cup. A recommend goal is to have your child weaned from the bottle to a cup by 15 months.

Development

9 months:

- **Gross Motor skills:** sits well; may crawl; creeps on hands; may walk holding onto the furniture
- **Fine Motor skills:** picks up small objects using a thumb and index finger; brings hands to mouth; feeds self; bangs objects together
- **Cognitive skills:** becomes interested in the direction of falling objects; searches for hidden objects
- **Communication skills:** responds to own name; participates in verbal requests such as "wave bye-bye" or "where is mama or dada?," imitates vocalizations; babbles using several syllables
- **Social skills:** enjoys social games with familiar adults such as peek-a-boo and patty-cake; may react to unfamiliar adults with anxiety or fear

Fever and Medication

- **FEVER = 101° F rectally.**
- **No Aspirin** until 18 years.
- **NO COUGH OR COLD MEDICINES.** If your infant gets a cold, try humidified air and nasal saline drops with the bulb syringe. Please call our office if your infant seems to be having difficulty breathing or is not feeding well due to congestion
- **Tylenol** (Acetaminophen) may be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours**. Tylenol dosing is based on weight; please see chart below for your child's dose. We recommend using Tylenol **as sparingly as possible**.

Toddler's Weight	Infant Tylenol or Children's Suspension (160mg/5ml)
12-17 lbs	2.5 ml (80mg)
18-23 lbs	3.75 ml (120mg)
24-35 lbs	5 ml (160mg)

- **Advil or Motrin** (Ibuprofen) may be given for fever, teething, or pain relief. Ibuprofen may be given as often as **every 6 hours**. Ibuprofen dosing is based on weight; please see chart below for your child’s dose. We recommend using Ibuprofen **as sparingly as possible**.

Toddler’s Weight	Ibuprofen Concentration (50 mg/ 1.25 ml)	Ibuprofen Concentration (100mg/5ml)
12-17 lbs	1.25 ml (50mg)	2.5 ml(50 mg)
18 – 23 lbs.	1.875 ml (75mg)	3.75 ml (75 mg)
24 – 35 lbs.	3.75 ml (100mg)	5 ml (100mg)

Sleep

- Infants at this age may be able to sleep overnight for 6-8 hours.
- Allow your baby to learn to put himself/herself to sleep by placing your baby in the crib while drowsy but not fully asleep. Then, when your baby awakens, he/she will be more likely to be able to go back to sleep without your help. Also try to establish a bedtime routine to give your infant signals that it is time to go to sleep.
- Keep the crib side rails up whenever your infant is in the crib to prevent falls. The mattress should be at its lowest point before your baby begins to stand. Remove bumpers when your baby begins to stand so that they cannot be used as steps.

Routine baby care

- Your baby may still have fussy periods at this age, often due to fatigue or boredom. Regular naps and providing a variety of short play activities are good ways to deal with fatigue and boredom. Your baby will also have different strategies at this age for calming including grasping toys, oral exploration, and visual exploration.
- Most infants do not teeth until 6-9 months of age. Drooling and chewing on hands, etc. usually indicates that your infant has entered a normal oral phase. Once your baby has the first tooth, begin to clean the teeth with a soft toothbrush or a cloth and water only. To help prevent cavities, don’t place your baby in bed with bottles containing juice, milk, or other sugary liquids. Plain water is okay for a bottle in bed.
- Most babies only need baths 1-2 times per week to avoid drying out the skin, and encourage a healthy skin microbiome. Minimize soap exposure to avoid excessive drying. To check the toxicity of your newborn skin care products, visit <https://www.ewg.org/skindeep/>

Car Seat

- **A car seat** must be used every time your infant is in the car and must be facing the rear seat. Convertible car seats may be used once your baby has outgrown the infant seat (usually 20-22 pounds), but the car seat must remain rear facing until one year of age. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Maintain the hot water temperature in your house less than 120° F
- Do not walk with your infant while carrying hot drinks that could scald him/her.
- Do not use strings, necklaces, ribbons, or anything else around your infant’s neck.
- Always keep a hand on your baby when changing diapers or clothes.
- Never leave your baby alone even for a second in a tub of water.
- Your infant should be supervised around pets at all times.
- Avoid exposing your child to the sun for prolonged period of time. Keep your infant covered and use sunscreen. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe infant sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your infant. Infants who are exposed to smoke have more respiratory and ear infections.
- Hire an experienced babysitter who knows the basic care for infants, as well as, how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Use of infant walkers is not recommended due to risk of falls and other injuries.
- Begin to safety proof your home now. Install window guards as well as stairway gates. Protect electrical outlets and cords. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

If your infant received vaccinations today, he/she may not experience any side effects of these vaccines. However, the most commonly reported side effects include: an increase in sleeping, possibly fever (low-grade, 99-100°) and mild fussiness within 24-48 hours. If you have questions about vaccines or vaccine safety, please ask your provider.

Your infant’s next well check should be at 9 months.