

6-8 MONTH WELL CHILD VISIT Name: _____ **Date:** _____

WT: _____, _____% **HT:** _____, _____% **HC:** _____, _____%

DIET

- Formula and breast milk are your baby's most important "food" until 12 months of age.
- Avoid fruit juices. Give water instead. Do not give meat or meat dinners until 9 months.
- **At 6 months:** start green vegetables, 2-4 oz twice daily. Increase baby cereal to 3 times a day.
- **At 7 months:** start yogurt, cottage cheese, and ricotta cheese. These foods substitute for a serving of cereal.
- **At 8 months:** start pasta and mashed potatoes.

VACCINES (Please refer to the attached handouts for complete details)

Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months.

Some vaccines may cause fever, fussiness, and irritability for 48 hours (this occurs in about 15% of children). If that occurs, you may give your child **Tylenol** Infant 80mg/.8ml _____ ml every 4 hours as needed. Use if absolutely needed since Tylenol/ Motrin use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.

GENERAL MEDICAL CARE

- **Pacifiers** are recommended until 12 months of age to prevent sudden infant death syndrome.
- **Nighttime feedings** are no longer needed. If your baby awakens during the night, let him/her cry and do not interact with the baby. You should, however, check on him/her every 15 minutes while he/she is crying. After a few days to 2 weeks, your baby will learn to self soothe and fall back to sleep.
- Protect your baby from the sun- use sun block and protective clothing when outside.

SAFETY

Car seat: your baby must be in a car seat every time he or she is in the car. The seat must be rear facing until the baby is 12 months of age and weighs 20 lbs. Children should always be in the rear seat of the car.

Falls: Your baby is becoming more mobile; put your baby in a safe place when you cannot hold him. A bed, sofa, or table is **NEVER** safe. Babies will fall!! Use a safety harness in high chairs, strollers, and swings.

Burns: your baby will bat at everything. Never carry your baby and hot foods at the same time. Also, never hold your baby while cooking. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.

Poisoning: Lock up and remove all materials in your home with any caution, warning or poison labels. In case of questionable ingestion, call the Poison Control @ 800-222-1222. Put this number in your cell phone NOW!

Choking: Remove all small objects from your baby's environment. Learn CPR.

Drowning: Never leave your baby without an adult's hand physically on him or her around any water.

Walkers: NEVER!!! 75% of babies get injured in them.

SOCIAL/DEVELOPMENT

- **Read and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should not be watching T.V. - this includes educational T.V.!

FOLOW UP

Your baby's next well child visit is at **9 months of age**. Make your appointment today!

REMEMBER TO TAKE THE BF 9 MONTH SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT

NEXT APPOINTMENT:

DATE _____ TIME _____ MD _____ REASON _____