

**6-8 MONTH WELL CHILD VISIT** Date: \_\_\_\_\_

WT: \_\_\_\_\_, \_\_\_\_\_% HT: \_\_\_\_\_, \_\_\_\_\_% HC: \_\_\_\_\_, \_\_\_\_\_% **Fluoride** YES NO

**DIET**

- Formula or breast milk is your baby's most important "food" until 12 months of age. Max formula 32 oz/day
- Delay solids until at least 4-6 months AND baby stops tongue thrusting when fed.
  1. If you choose to introduce solids – add 1 new food no more than every 4 days, by spoon only
  2. At first feed twice daily but after 6 months increase to 3 meals daily
  3. The progression is as follows:
    1. Cereal alone until 5 months of age ( 4 TBSP. mixed with formula or breast milk)
    2. Then from 5-9 months introduce pureed food in this order: yellow /orange vegetables --- simple fruits (apples, pears, banana, peaches) ----green vegetables----dairy ( yogurt, cottage cheese, ricotta cheese) ----- starches ( potatoes, pasta, beans, lentils)---egg yolk
    3. At 9 months meats, fish, and start transitioning to more table foods
    4. At 11-12 months table food, including whole eggs, cut up to the size of baby's pinky nail.
  4. No honey until 12 months
  5. No juice ever – not even 100% juice. Juice leads to childhood obesity and cavities.

**VACCINES:** DaPT Polio Hib PREVNAR ROTOVIRUS FLU Other: \_\_\_\_\_

- Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts". There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have been also sent to your own portal account.
- Laminated copies are available for your review in the office.
- 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. Acetaminophen and ibuprofen may be used if **absolutely** needed, since their 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.
- These mild reactions may be treated with either: **CHILDREN'S NOT INFANT'S**

**Acetaminophen** 160/5ml ( ) ml every 4 hours as needed or **ibuprofen** 100mg/5ml ( ) ml every 6 hours for fever > 101

**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 2 years of age. 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:** 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 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.!

**FOLLOW UP**

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