

## TODAY'S VISIT: 6-8 MONTH WELL CHILD

NEXT VISIT: \_\_\_\_\_

Please familiarize yourself with our website [www.pcpmds.com](http://www.pcpmds.com). On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

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
- Add 1 new food no more than every 4 days, **by spoon only**. At first feed twice daily but after 6-7 months increase to 3 meals daily.
- No honey until 12 months. **No juice ever** – not even 100% juice. Juice leads to childhood obesity and cavities. Feed the fruit itself - NEVER the juice alone.
- **The food progression is as follows:**
  - \* Always start with **cereal alone**. (4 TBSP. mixed with formula or breast milk) Again by spoon only, not in the bottle unless we tell you to do that.
  - \* **5-9 months** after cereal, 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. Babies without significant eczema / atopic dermatitis should be introduced to **peanut butter** to avoid allergies later in childhood
  - \* **9 months**
    - meats, fish, and start transitioning to more table foods
  - \* **11-12 months**
    - table food, including whole eggs, cut up to the size of baby's pinky nail

### VACCINES

- DUE: **DTaP, POLIO, HIB, PREVNAR and ROTAVIRUS, FLU**
- 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. DTaP and Prevnar may cause fever for 48 hours in 15% of babies. Acetaminophen and ibuprofen may be used if **absolutely** needed, since its use may decrease the effectiveness of the vaccine. 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 highchairs, 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 @ **1-800-222-1222**. Save 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 never be watching T.V. or any other digital media at any time - this includes educational programs!