
❖ Cabarrus Crib Notes ❖

6 Month Edition

A publication of *Cabarrus Pediatrics*

weight _____

length _____

head
circumference

Development

At 6 months, the typical child can roll over, sit with support, pass objects from one hand to the other, and imitate sounds like a cough or raspberry. Babies often become a bit more afraid of strangers at this age, so give them time to warm up to new adults. What can you do to encourage your baby's development? Read books to encourage her language development. Play games like pat-a-cake or peek-a-boo. Toys don't need to be fancy but they do need to be safe. Activity boards, musical toys, blocks, spoons, pots and pans, plastic measuring cups, and stuffed animals all allow your baby to try out her new skills. Avoid small or breakable toys that could cause choking or injury. Give her plenty of hugs and praise when she practices or learns a new task.

Eat up

By now your baby should be able to eat from a spoon. Infant **cereals** continue to be an important source of iron for your baby. Mix them with formula or a variety of fruits or vegetables and serve them twice a day. New strained **fruits and vegetables** may be added to your baby's diet every 3-4 days. Between 6-8 months you can also begin strained or pureed **meats**. Meat/vegetable combination dinners have a smoother texture and may be preferred. Babies should still be taking breast milk or an iron-fortified formula. Breast fed babies and those receiving less than 32 oz of formula per day should receive **vitamin D** (Tri-Vi-Sol or D-Vi-Sol 1 milliliter once daily). Whole cow's milk is not recommended until 1 year of age. Two to four ounces of diluted fruit juice may be given but is not necessary.

There are certain foods to avoid if your baby has cow's milk allergy and requires soy formula or showed intolerance to previously tried foods. Food allergies may be associated with milk, peanut butter, nuts, eggs, and seafood. Avoid these foods for now. **Honey** should not be given to any baby less than 1 year old due to the risk of botulism.

Safe at home

Review the **Safe at Home** sheet from this visit and be sure you have followed all the recommendations. In addition, now is the time to lower your baby's crib mattress if you haven't already done so. If your infant is nearing twenty pounds, he will no longer be able to use an infant carrier car seat and will need an **infant/toddler car seat** designed for children up to 40 pounds. New recommendations suggest using a rear-facing seat until your baby is at **least 2 years of age** and reached the maximum height or weight for your rear-facing seat, typically 30 pounds. Be sure to follow the manufacturer's instructions and have your child's seat inspected by a trained technician. Fire Station #3 in Concord offers **car seat inspections** Mondays between 10am and 2pm. The back seat is the safest place for *all* infants and children. Don't forget to set a good example by wearing your seat belt and driving safely.

Visit our web
site
[www.
cabarruspeds.
org](http://www.cabarruspeds.org)
for helpful
information

Fever itself is not harmful and does not cause brain damage unless over 107 degrees

Fever facts

Fevers are a common occurrence in babies this age. A fever is defined as a temperature greater than 100.4. Fever is a sign that your child's body is fighting an infection, most commonly a viral infection. The elevated body temperature helps the immune system function more effectively. Fever itself is not harmful and fevers less than 107 degrees do not cause brain damage. A small percentage of children may have a brief convulsion at the onset of fever. These brief "febrile seizures" are frightening but cause no harm and generally are not prevented by giving fever medicines. If your child has a fever greater than 102 or is uncomfortable from fever, you may give liquid acetaminophen (Tylenol) or Ibuprofen (Children's Motrin or Advil). Lukewarm sponge baths can be used for higher temperatures that haven't responded to medicines. Do not sponge with alcohol or induce shivering.

•In general, the most important factors when your baby has fever is how he looks and acts and what other symptoms are present. A child with a 102.5 degree fever who is active, alert, and feeding well is less worrisome than a patient with a normal temperature who is very ill-appearing, and inconsolable or lethargic.

Call our office immediately if your child:

- is crying inconsolably or whimpering
- is difficult to awaken
- has a stiff neck
- cries if you touch or move him
- has purple spots on the shin
- has difficulty breathing that is no better after clearing the nose
- is unable to swallow and is drooling
- looks or acts very ill
- has temp over 105

Call within 24 hours if your child has:

- fever is 103-105 degrees
- burning or pain occurs with urination
- an earache
- a fever more than 24 hours without an obvious cause
- diarrhea with blood or mucous

Call during regular hours if:

- your child has fever more than 48 hours.
- you have other questions or concerns

Above adapted from Schmitt BD: *Your Child's Health*, ed 2 NY, Bantam Books.

Immunizations

At the 6 month visit, babies receive several immunizations. Please review the Vaccine information statements you received. You may expect some mild soreness and possibly fever (from 100.5-103degrees) These may be relieved by acetaminophen (Tylenol) if needed. Call our office if your baby has any of the severe reactions listed in the vaccine handouts.

Next checkup: age 9 months

Regular checkups are done at 9, 12, and 18 months. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

Other instructions:

For urgent problems after hours or on weekends call our regular office phone numbers
Concord: 704-403-7720
Kannapolis: 704-403-7735



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