



## Six Month Preventive Exam

### Immunizations

Pentacel (DTaP–Polio–Hib combination), Prevnar13 (Pneumococcal conjugate vaccine), Hepatitis B, and Rotavirus. Fever, fussiness, or a sore lump at one of the injection sites may occur for 24 to 48 hours after the vaccines. Use acetaminophen or ibuprofen as needed. Please call if a more severe reaction occurs. Click here for our [Medication Dosing Guide](#) to see recommended dosing.

### Development

Your child should now be able to maintain a sitting position, at least briefly. She should be transferring toys from hand to hand and playing with her feet. Many kids are able to put their feet into their mouths. She should be starting to use hard consonant sounds like “ba”, “ga”, or “da”. Using consonant sounds is referred to as babbling, and is a good sign that your child is hearing. Soon, she should be starting to crawl and pulling up to stand on furniture. Avoid baby walkers because they are unsafe. Avoid using the television as “background noise” or as “something for her to look at.” She is better stimulated with human interactions.

Now is a good time to make sure your house is child–proofed. Install electrical outlet guards and child–proof latches. Move dangerous chemicals such as those found in drain cleaners and dish–washing detergents out of your baby’s reach. Some house plants are poisonous, so move them up high, too. If your child ingests anything potentially poisonous, **call Poison Control at 800–222–1222**. Keep this phone number by your phone. Sun exposure should be limited at any age, but a baby’s skin can be especially sensitive. When outside, protective clothing should be worn and sunscreen should be applied.

### Diet

Your child may now have 2–3 meals a day. The next few months are a good time to expand his taste horizons by giving him new foods all the time. Soon he should be able to handle eating meats. Increase the variety of his diet as quickly as he will let you. Research has shown that adding peanut products to his diet at this age (like mixing some peanut butter into some of his food) can decrease the risk of developing peanut allergy. By nine months, he can be starting with small finger foods that will break up easily in his mouth (like crumbled up Ritz crackers or even ground meats). He can have as much as he wants at each feeding. Give breast milk or formula between meals (3 or 4 times a day) at least until one year of age. Do not prop his bottle. Breast fed babies should still be on a vitamin D supplement. Even if he does not have teeth yet, clean his mouth (gums, tongue, cheeks and teeth) after his last feeding before bedtime.

**CAUTION: KEEP BABY POWDER, HOUSEHOLD CLEANERS, AND SMALL OBJECTS OUT OF YOUR CHILD'S REACH AS ACCIDENTAL INGESTIONS AND ASPIRATIONS MAY OCCUR. KEEP FIREARMS LOCKED UP. AVOID WALKERS WITH WHEELS. BABIES SHOULD NOT BE EXPOSED TO TOBACCO SMOKE. REMEMBER, REAR–FACING CAR SEAT AT LEAST UNTIL 2 YEARS OF AGE. EXAMINE YOUR FLOORS CAREFULLY FOR SMALL OBJECTS THAT MAY BE CHOKING HAZARDS.**