



**Concord Children's Clinic**  
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### **Baby Business (A publication of Concord Children's Clinic) – 6 Month Edition**

6 month edition: This month's baby business will discuss what parents should expect when the baby is around 6 months old.

#### **Immunizations**

Your baby will receive Immunizations today, according to the currently recommended schedule.

- You can expect mild soreness and possibly fever (100.5-103 degrees F). Giving your baby Tylenol may relieve these symptoms.
- **Tylenol can be given every 4 hours for a 24-hour period. Please check dosage with the provider.**
- Please call our office **IMMEDIATELY** if your baby has a severe reaction to the immunizations.

#### **Nutrition**

By now your baby may have learned to eat from a spoon.

- Infant cereal is a good source of iron for your baby, serve 2 times a day. New strained fruits and vegetables may be added to your baby's diet every 3-4 days. Between 6 and 8 months you can also begin strained or pureed meats.

Babies at this age should still be taking breast milk or an iron-enriched formula. Whole milk is still not recommended until 1 year of age. Offer water frequently. Juices are not necessary unless the baby has hard stools.

Honey May not be given to babies less than 1 year of age. The most common food allergies are egg whites, wheat products, peanut butter and shellfish. These foods can be all introduced one at a time at 9 months of age.

#### **Development**

At 6 months of age the baby can roll over, sit with support, pass objects from hand to hand and imitate sounds.

- Give your baby lots of hugs and praise. Read books and play games to encourage his/her language development.
- Please remember that toys need to be safe; avoid small or breakable toys that can cause choking or injury.

#### **Fever Facts**

Fevers are common in babies this age. Fevers are a sign that your baby's body is fighting an infection, most likely a viral infection.

- Rectal thermometers are the most accurate for this age baby. A fever is defined as a rectal temperature of **100.4 degrees F** or more. Armpit temperature are less accurate and run 1-2 degrees lower than rectal readings. Fever itself is not harmful and fever less than 105 degrees F does not cause a brain damage. A small percentage of babies may have a brief convulsion at the onset of a fever. These are frightening but do not cause any harm.

Call our office **IMMEDIATELY** if your baby is sick and:

- Crying inconsolably, cries if you touch or move him/her, is unable to swallow, is difficult to wake, has purple spots on her skin, looks and acts very ill, has a stiff neck, has a temperature greater than 105 degrees F, has a seizure or has difficulty breathing that is no better after clearing the nose.

Call our office **WITHIN 24 HOURS** if your baby:

- Has a temperature of 103-105 degrees F, acts like she has an ear infection, has diarrhea with blood or mucous, or has a fever for more than 24-48 hours with no obvious cause.

Call our office **DURING REGULAR BUSINESS HOURS** if your baby:

- Has a fever for more than 72 hours or if you have any questions or concerns.

**(The above Fever facts is adopted from Schmitt: Your Child's Health)**

### **Home Safety**

Please remember that the biggest threat to your baby's life and health are accidents. Please begin to 'baby proof' your home.

- Lower your baby's crib mattress and do not put your baby's crib near mini blinds or window treatments.
- Remove sharp edged furniture in the room your baby plays. Please use gates on all staircases and doors. **DO NOT** use a baby walker.

### **Poison Control**

Be aware of the poisonous substances in your home that your baby may ingest.

- Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach. Remove any poisonous plants from your baby's area.
- Keep the poison control # posted by your telephone. **1-800-222-1222**

### **Hot Water Safety**

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F**.

- If you need to change the water temperature in your home, please ask the provider for instructions on how to do this.

### **Cigarette Smoke Exposure**

**DO NOT** let anyone smoke in your house or car.

- Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma and SIDS (crib death).
- We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

### **Home Smoke Alarms**

Be sure to have a correctly working smoke alarm in your home.

- Test the batteries in your smoke alarm **MONTHLY**.
- Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

### **CPR**

- Please take a CPR course at your local Red Cross, YMCA or college.

### **Car Safety**

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- Make sure that your baby's car seat is installed correctly.
- For this age, car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

**Next Checkup: 9 MONTHS**

Your baby's next checkup is at 9 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9 and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on check ups and immunizations is one of the best things you can do for your baby's health.