

## HEALTH SUPERVISION VISITS

### SIX MONTH VISIT

#### INFANT BEHAVIOR

- Use high chair/upright seat so baby can see you
- Engage in interactive, reciprocal play. Talk/sing to, read/play games with baby
- Continue regular daily routines, put baby to bed awake but drowsy
- Put baby to sleep on back; choose crib with slats less than or equal to 2 3/8 inches apart; don't use loose soft bedding; lower crib mattress; choose mesh playpen; never leave baby with drop side down

#### NUTRITION

- Exclusive breastfeeding during the first 4-6 months is ideal; iron-fortified formula is recommended substitute; recognize slowing rate of growth
- Determine whether baby is ready for solids; introduce single-ingredient foods one at a time; provide iron-rich foods; respond to baby's cues
- Begin cup; limit juice (2-4 oz. a day)
- If breastfeeding; Continue as long as mutually desired
- If formula feeding; Don't switch to milk

#### ORAL HEALTH

- Brush with soft toothbrush/cloth and water
- Avoid bottle in bed, propping, "grazing"

#### SAFETY

- Use rear-facing car safety seat in back seat until 1 year AND 20 pounds; never put in front seat of vehicle with passenger air bag
- Do home safety check (stair gates, barriers around space heaters, cleaning products)
- Don't leave baby alone in tub, high places (changing tables, beds, sofas); don't use infant walker
- Keep baby in high chair/playpen when in kitchen
- Set home water temperature <120 degrees
- Avoid burn risk to baby (stoves, heaters)
- Keep small objects, plastic bags, away from baby

- To prevent choking, limit “finger foods” to soft bits

#### **DEVELOPMENT**

- Rolls over
- Sits-no support
- Looks for dropped object
- Reaches, grabs
- Turns to voice
- Works for toy (out of reach)