



6 Month

CHECK UP

HT ____ WT ____ HEAD ____

NEW WINDSOR PEDIATRICS, PLLC

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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

SAFETY

1. Always use rear facing car seat while driving.
2. Never leave baby unattended unless in crib or playpen.
3. Protect baby's skin from sunlight. They can burn easily. Choose sunscreen SPF 50 or higher.
4. Never leave baby unattended near water.
5. Check smoke detectors. There should be one on every floor.
6. ONLY use stationary play stations, many babies have been injured when using infant walkers.
7. BABY PROOF for any choking hazards.

NUTRITION

- 6 months is good time to start baby foods
- Add new foods every 3 days
- Goal is 3 meals a day by 9 months of age
- When increasing solids, breast milk or formula may decrease. A 6 month old usually takes around 36 ounces per day while a 9 month old decreases to 24 ounces per day
- Juice is not necessary
- Start introducing a cup with keeping in mind to stop the bottle by 15 months of age
- Due to choking, do not offer table food unless pureed.

TODAY'S IMMUNIZATIONS

DTaP, HIB, Polio, Rotovirus & Pneumococcal

Less than 20% of babies will feel effect from shots. Can give Tylenol if fever. Call if fever is greater than 102, excessive crying or unusual behavior.

NEXT VISIT: Please return for next check up when baby is 9 MONTHS. Scheduled vaccine is Hepatitis B #3.

COMMON PROBLEMS

Separation Anxiety: crying when left with sitter or trouble getting to sleep or fear of strangers

Teething: allow to chew on cold objects, Tylenol as needed