



## SOCIETY HILL PEDIATRICS

### Advocare Advice for Age Six Months

#### *Immunizations:*

- All caregivers should make sure that their own vaccines are up to date; get a tetanus booster with whooping cough and influenza shot to protect your baby
- At age six months, babies receive DTaP, HIB, Prevnar, and Rotavirus vaccines. These are the same immunizations received at the four month visit.
- During the flu season babies will also receive a first influenza vaccine. In the first year, for full protection from the flu, babies receive a second dose of flu vaccine one month or more later.
- About thirty percent of babies will get fever, cranky and soreness at the site of the injections: this can last for 48 to 72 hours. One to three percent of babies who receive the Rotavirus vaccine may have mild diarrhea or vomiting for a few days to a week.
- If symptoms occur, give your baby some infant acetaminophen, such as Tylenol®.

#### *Safety:*

- Always use an approved rear-facing car seat in the back seat of your car.
- Lower the crib mattress. Your baby will soon be pulling up to stand.
- Childproof your home. Look at your home from a three-foot level and below to note potential hazards.
- Don't use walkers with wheels.
- Keep small objects, plastic bags, and other choking hazards out of reach. Remember that at this stage, everything goes in the mouth!
- Keep a smoke-free home.
- Use sunscreen and hats for your baby when out in the sun.
- Install smoke detectors and carbon monoxide detectors on every level of your home. Check smoke detectors twice a year.

#### *Feeding:*

- Many babies start to take three meals of baby food a day. They still nurse or drink about the same amount of formula.
- Start to introduce soft table food such as plain yogurt, mashed potatoes, and mashed bananas.
- Introduce wheat products such as pasta, teething biscuits, and mixed cereals.
- Introduce a "sippy" cup. Put breast milk, formula, or water in the cup.
- Avoid juice as it is not nutritious and encourages sweet snacking habits.
- Start to wipe the gums or teeth with a washcloth once a day.

#### *Developmental Changes:*

- Your baby is learning to sit and to gain new motor skills. Some babies at this age scoot, roll, or “commando crawl” as a means of locomotion. Spend lots of time on the floor together.
- Babies are noise makers now. They squeal, “talk,” and make “raspberries.” Your baby should turn to sound, enjoy hearing music, and make noise with rattles.
- A nighttime routine is important. Put your baby to bed when he/she is still awake in the crib.

***Next visit: when your baby is nine months old.***

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