

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

6 Months Visit

Next Visit: @ 9 Months of Age

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Immunizations Recommended: ___ DTaP (Diphtheria/Tetanus/Pertussis) ___ IPV (Polio) ___ HepB (Hepatitis B)
___ Hib (Hemophilus Influenza B) ___ Pevnar 13 (Pneumococcal Conjugate 13) ___ Rotavirus (for diarrhea) ___ Influenza (Flu)

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools; If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

You can treat fever with Ibuprofen (100mg/5ml.) Today, your Ibuprofen/Advil dose is: _____ ml.

Referred To:

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700 ; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300 Cranial Technologies 844-447-5894

Feeding Your Baby

- Most babies have doubled their birth weight. Your baby's growth will slow down.
 - If you're still breastfeeding, continue as long as you both like. If you're formula feeding, use an iron fortified formula.
 - You may begin to feed your baby solid food when your baby is ready.
 - Some signs your baby is ready for solids: Opens mouth for the spoon, Sits with support, Good head and neck control, Interest in foods you eat.
 - Feed your baby in a bouncy seat or high chair.
 - If baby is drinking less than 32ozs of breast milk or formula a day, continue giving Vitamin D supplements daily.
- Ask us about helpful resources if you are alone.
 - Invite friends over or join a parent group.
 - Choose a mature, trained and responsible babysitter or caregiver.

Healthy Teeth

- Many babies begin to cut teeth. The first teeth to appear are usually the lower incisors which can appear at 4-18 months.
- Clean gums and teeth (as soon as you see the 1st tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice.)
- Don't give a bottle in bed. Don't prop the bottle.
- Have regular times for your baby to eat. Don't let them eat all day.

Starting New Foods

- Start with infant rice cereal mixed with breast milk or formula.
- Introduce new foods one at a time
- Introduce fruits and vegetables after your baby eats iron-fortified cereal (rice, barley or oatmeal) or pureed meats well. (offer 1-2 tbs of solid food 2-3 times per day.)
- Avoid feeding your baby too much by looking for the baby's sign's of fullness (leaning back or Turning away.)
- Don't force your baby to eat or finish foods. It may take 10-15 times of giving your baby a food to try before he will like it.
- Foods to be avoided are raw honey or chunks of food that could cause choking. Newer data suggest that the early introduction of all foods may actually prevent individual food allergies.
- To prevent choking: Only give your baby very soft, small bites of finger foods, Keep small objects and plastic bags away from baby.
- Let baby use a sippy cup to drink water or juice. (Avoid sugary juices.)
- Baby's bowel movements will change in color, texture, odor and number after you start solids.

Your Baby's Development

- All babies develop at their own rate.
- Baby may blow bubbles, Start babbling at others, Starts to recognize name, Babbles at his image, Feels nervous with strangers, Seems happy with familiar faces, Rolls over, Sits with support by leaning forward on hands, Rocks back and forth on hands and knees to prepare for crawling, Reaches for, grabs and moves objects from hand to hand, Tries to pick up objects.
- Place baby so he is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes. Look at and read books together. Play games such as peekaboo and patty cake. Offer active play with mirrors, floor gyms and colorful toys too hold.
- If baby is fussy, give him safe toys to hold and put in mouth ; make sure he's getting regular naps and playtimes.

Crib/Playpen

- Put your baby to sleep on his or her back on a firm mattress in a crib, in your room, not in your bed.
- In a crib that meets current safety standards, with no drop-side rail and slats no more than $2\frac{3}{4}$ inches apart. Find more information on the Consumer Product Safety Commission Web Site at www.cpsc.gov.

- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
- Lower your baby's mattress.
- If using a mesh playpen, make sure the openings are less than $\frac{1}{4}$ inch apart.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips. Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave baby alone in the tub or high places such as changing tables, beds or sofas.
- While in the kitchen, keep baby in a high chair or playpen. Turn pot handles inwards on the stove.
- Don't use a baby walker.
- Start preparing for baby to crawl: Place gates on stairs, Close doors to rooms where your baby could be hurt, like the bathroom., Put locks on lower cabinets, Cover electrical outlets and remove dangling or visible electrical cords.
- Prevent burns by setting your water heater so the temperature at the faucet is at or below 120°F.
- Don't leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring. Always be close enough to touch your baby.
- Lock up poisons, medicines and cleaning supplies; call Poison Help if your baby eats them.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org

How Your Family Is Doing

- Call on others for help .Encourage your partner to help care for your baby.