

---

---

# ◆Cabarrus Crib Notes◆

---

6 Month Edition

A publication of Cabarrus Pediatric Clinic

---

weight \_\_\_\_\_

length \_\_\_\_\_

head circumference  
\_\_\_\_\_

## Development

At 6 months, the typical child can roll over, sit with support, pass objects from one hand to the other, and imitate sounds like a cough or raspberry. Babies often become a bit more afraid of strangers at this age, so give them time to warm up to new adults. What can you do to encourage your baby's development? Read books to encourage her language development. Play games like pat-a-cake or peek-a-boo. Toys don't need to be fancy but they *do* need to be safe. Activity boards, musical toys, blocks, spoons, pots and pans, plastic measuring cups, and stuffed animals all allow your baby to try out her new skills. Avoid small or breakable toys that could cause choking or injury. Give her plenty of hugs and praise when she practices or learns a new task.

## Eat up

By now your baby may have learned to eat from a spoon. Infant cereals continue to be an important source of iron for your baby. Mix them with formula or a variety of fruits or vegetables and serve them twice a day. New strained fruits or vegetables may be added to your baby's diet every 3-4 days. Between 6-8 months you can also begin strained or pureed meats. Meat/vegetable combination dinners have a smoother texture and may be preferred. Babies should still be taking breast milk or an iron-fortified formula. Whole milk is not recommended until 1 year of age. Diluted fruit juice may be given one or two times per day.

*The back seat is the safest place for all infant and child passengers*

There are certain foods to avoid if your baby has cow's milk allergy and requires soy formula or showed intolerance to previously tried foods. The most common food allergies are associated with egg whites, wheat, peanut butter, fish, and orange juice. Avoid these foods until 1 year of age if your baby has had problems with foods. *Honey* should not be given to any babies less than 1 year old.

## Safe at home

Review the **tipp** safety sheet from this visit and be sure you have followed all the recommendations. In addition, now is the time to lower your baby's crib mattress if you haven't already done so. If your infant is nearing twenty pounds, he will no longer be able to use an infant carrier car seat and will need an infant/toddler car seat designed for children up to 40 pounds. New recommendations suggest using a rear-facing seat until your baby is 20 pounds *and* 1 year of age. Be sure to follow the manufacturer's instructions. The back seat is the safest place for *all* infants and children. This is particularly true if your car has a passenger side air bag. Don't forget to set a good example by wearing your seat belt and driving safely. Remember to post the Poison Center # by your phone (1-800-84-TOXIN) and buy **Syrup of Ipecac** to have on hand in case you are instructed to give this.

---

## Fever facts

Fevers are a common occurrence in baby's this age. A fever is defined as a rectal temperature greater than 100.4. Armpit temperatures are less accurate and run 1 to 2 degrees lower than rectal readings. If an armpit temperature is 99 or higher you may want to take a rectal temperature. Ear thermometers, used correctly, provide quick and accurate readings. Fever is a sign that your child's body is fighting an infection, most commonly a viral infection. The elevated body temperature helps the immune system function more effectively. Fever itself is not harmful and fevers less than 107 degrees do not cause brain damage. A small percentage of children may have a brief convulsion at the onset of fever. These brief "febrile seizures" are frightening but cause no harm and generally are not prevented by giving fever medicines. If your child has a fever greater than 102 or is uncomfortable from fever, you may give liquid acetaminophen (Tylenol, Temptra) or Ibuprofen (Children's Motrin or Advil). Lukewarm sponge baths can be used for higher temperatures that haven't responded to medicines. Don't sponge with alcohol, induce shivering, or bundle him. In general, the most important factors when your baby has fever are how he looks and acts and what other symptoms are present. A child with a 102.5 degree fever who is active, alert, and feeding well is less worrisome than a child with a normal temperature who is very ill-appearing, and unconsolable or lethargic.

### *Call our office immediately if your child:*

- is crying inconsolably or whimpering
- is difficult to awaken
- has a stiff neck
- cries if you touch or move him
- has purple spots on the skin
- has temp over 105
- is unable to swallow and is drooling
- looks or acts very ill
- has a seizure
- has difficulty breathing that is no better after clearing the nose

### *Call within 24 hours if your child:*

- has temp of 103-105 degrees
- has burning or pain with urination
- has an earache
- has diarrhea with blood or mucus
- has a fever more than 24 hours without an obvious cause

### *Call during regular hours if:*

- your child has fever more than 72 hours
- you have other questions or concerns

Above adapted from Schmitt BD: *Your Child's Health*, ed 2 NY, Bantam Books.

## Immunizations

At the 6 month visit most babies receive immunizations for Diphtheria, Tetanus, Pertussis, Hemophilus influenzae (this is not "the flu" but rather a germ that causes meningitis), Polio, and Hepatitis B. You can expect some mild soreness and possibly fever (from 100.5-103degrees) These may be relieved by acetaminophen (Tylenol). Call our office if your baby has any of the severe reactions listed in the vaccine hand-outs.

## Next checkup: age 9 months

Regular checkups are done at 9,12, and 18 months. All but the 9 month checkup usually involve immunizations. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

### **Other instructions:**

*Fever itself is not harmful and does not cause brain damage*

For urgent problems after hours or on weekends call our regular office # 786-1144