

Baby Business

A Publication of Suburban Pediatric Clinic

6 MONTH EDITION

Baby Business 6 month edition: This month's Baby Business will discuss what parents should expect when your baby is around 6 months old.

IMMUNIZATIONS

Your baby will receive immunizations today according to the currently recommended schedule.

- ♥ You can expect some mild soreness and possibly fever (100.5-103 degrees F). Giving your baby Tylenol may relieve these symptoms.
- ♥ **TYLENOL DOSAGE:** 0.4-0.8 milliliters every 4 hours for a 24 hour period.
- ♥ Please call our office **IMMEDIATELY** if your baby has a severe reaction to the immunizations.

NUTRITION

By now your baby may have learned to eat from a spoon.

- ♥ Infant cereals are an important source of iron for your baby, serve 2 times a day. New strained fruits and vegetables may be added to your baby's diet every 3-4 days. Between 6 and 8 months you can also begin strained or pureed meats.
- ♥ Babies at this age should still be taking breast milk or an iron-enriched formula. Whole milk is still not recommended until 1 year of age. Diluted fruit juice may be given one or two times a day, but is probably not necessary.
- ♥ Honey should not be given to babies less than 1 year of age. There are certain foods to avoid if your baby is allergic to cow's milk and requires soy formula or has showed intolerance to previously tried foods. The most common food allergies are egg whites, wheat products, peanut butter, and shellfish. Avoid these foods until after 1 year of age.

DEVELOPMENT

At 6 months of age the typical child can roll over, sit with support, pass objects from hand to hand, and imitate sounds.

- ♥ Give your baby lots of hugs and praise. Read books and play games to encourage his language development.
- ♥ Please remember that toys need to be safe; avoid small or breakable toys that can cause choking or injury.

FEVER FACTS

Fevers are common in babies this age. Fevers are a sign that your baby's body is fighting an infection, most likely a viral infection.

- ♥ Rectal thermometers are the most accurate for this age baby. A fever is defined as a rectal temperature of **101 degrees F** or more. Armpit temperatures are less accurate and run 1-2 degrees lower than rectal readings. Fever is not harmful and fever less than 107 degrees F does not cause brain damage. A small percentage of babies may have a brief convulsion at the onset of a fever. These are frightening but do not cause any harm.

Call our office IMMEDIATELY if your baby is sick and:

- ♥ Crying inconsolably, cries if you touch or move him, is unable to swallow, is difficult to wake, has purple spots on his skin, looks and acts very ill, has a stiff neck, has a temperature greater than 105 degrees F, has a seizure, or has difficulty breathing that is no better after clearing the nose.

Call our office WITHIN 24 HOURS if your baby:

- ♥ Has a temperature of 103-105 degrees F, acts like he has an ear infection, has diarrhea with blood or mucous, or has a fever for more than 24-48 hours with no obvious cause.

Call our office DURING REGULAR BUSINESS HOURS if your baby:

- ♥ Has a fever for more than 72 hours or if you have questions or concerns.

(The above **FEVER FACTS** adapted from Schmitt: *Your Child's Health*)

Baby Safety Issues

HOME SAFETY

Please remember that the biggest threat to your baby's life and health are accidents. Please begin to "baby-proof" your home, if you have not already done so.

- ♥ Lower your baby's crib mattress and do not put your baby's crib near mini blinds or window treatments.
- ♥ Remove sharp edged furniture in the room your baby plays. Please use gates on all staircases and doors. **DO NOT** use a baby walker.
- ♥ **NEVER** leave small objects or food within your baby's reach.
- ♥ **DO NOT** carry or hold your baby while cooking or carrying hot foods or liquids.
- ♥ Be sure there are plug protectors in **ALL** empty electrical outlets in your home.

POISON CONTROL

Be aware of the poisonous substances in your home that your baby may ingest.

- ♥ Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach.
- ♥ Be sure to have the Poison Control number posted by your telephone . **Poison Control 1.800.222.1222**

HOT WATER SAFETY

Be sure to check the hot water temperature in your home. The correct temperature should be set at less than **120 degrees F.**

CIGARETTE SMOKE EXPOSURE

DO NOT let anyone smoke in your home or car.

- ♥ Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma, and SIDS (crib death).
- ♥ We know that quitting smoking is difficult, but your new baby is the best incentive to do so.

HOME SMOKE ALARMS

Be sure to have a correctly working smoke alarm in your home.

- ♥ **TEST** the batteries in your smoke alarm **MONTHLY.**
- ♥ Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

CPR

Please take a CPR class at your local Red Cross, YMCA, or college.

CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ When your baby reaches 20 pounds AND is 12 months old he may need to be in a toddler safety seat that faces **FORWARD.** This seat should be placed in the **MIDDLE** of the **BACK** seat.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

Suburban Pediatric Clinic

990 LeeAnn Drive

Concord NC 28025

704.784.1811

OFFICE HOURS

Monday-Friday

8:00 am - 8:00 pm

Shot Clinic

8:00 am - 11:00 am 2:00 pm - 4:00 pm

Saturday

9:00 am - 12:00 pm

Shot Clinic

9:00 am - 9:30 am

NEXT CHECKUP:

9 MONTHS

Your baby's next checkup is at 9 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9, and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.

PP Please remember to bring your baby's immunization and insurance or Medicaid card to every visit PP