



6 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Breastmilk or formula provide majority of your baby’s nutrition, while solids are for learning feeding skills. When starting pureed solids, give one new food at a time for 3-5 days. Avoid honey until age 1 and chunks of food until 8-9 months. Discuss timing for exposure to pureed nut protein, eggs, and fish with your provider. Continue vitamin D for breastfed babies. Sippy cup with a little water, breastmilk, or formula can be introduced. Watch for pincer grasp as a cue for readiness to start small pieces of food (like cheerios).

Development: Sitting with or without support, improved rolling, willing to put anything in their mouth, and increasing variety of babbles. Read, sing and talk together. Get ready for mobility! Stranger anxiety is common.

Safety: Keep the car seat rear-facing until 2 years of age. Never leave your baby unattended on a changing table or with siblings. Put baby to sleep on their back; keep soft objects, loose blankets and bumper pads out of the crib. Avoid exposure to smoke. Set your hot water heater to less than 120 degrees. Keep your home clear of choking hazards.

Dental Health: Average age for teeth to erupt is 6 months. Your baby may have sore gums and be fussy, drool constantly, and want to chew on objects that soothe them.

Feelings: Call for help if you feel sad for multiple days, are having difficulty coping, or don’t have opportunity to take care of yourself.

Immunizations: DTaP, HIB, IPV, PCV (prevnar), and rotavirus. Your baby may be fussier or sleepier than usual, or have a mild fever. Influenza vaccine based on season.

Medication Dosing:	12-18 lb	18-24 lb	24-36 lb
Acetaminophen (160mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.25 mL (¼ tsp)	1.875 mL	2.5 mL (½ tsp)
Children’s Ibuprofen (100mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)

Next visit: 9 months old