

Advanced Pediatrics

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6 MONTH OLD VISIT

GENERAL ISSUES

1) **Fluoride and Vitamin D Supplementation**

Since Rockland County water is non-fluoridated, your baby should be taking 0.25 mg (1cc) PolyVitamin with Fluoride daily. This will also provide adequate Vitamin D supplementation for breastfed infants.

2) **Teething**

Teething causes discomfort and irritability. The best treatments are Tylenol, teething rings and baby Orajel.

SAFETY ISSUES

1) **Never Leave Your Baby Unattended**

To prevent severe head injuries, never leave an infant on a table, bed or sofa without keeping a hand on them, even for a second.

2) **Never Shake Your Baby**

Infants' brains are very sensitive to shaking. Even a brief shake can cause **brain damage**. If you feel you are getting frustrated with your baby's crying, call a friend or relative immediately to relieve you.

3) **Do Not Sleep With Your Baby**

Sharing your bed with your infant may facilitate breastfeeding and help the baby sleep better. **However, this practice leads to increased death from suffocation.**

4) **Infant Car Seat – Backwards**

The car seat must be installed backwards to protect the infant's head until the baby is at least one year of age and at least 20 pounds.

5) **Start Baby Proofing the House**

- a) Poisons and Pills – Keep cleaning supplies and medication locked up and out of reach.
- b) Pointy objects – Pad sharp or hard objects to avoid lacerations and head injuries.
- c) Plugs – Use plug outlet covers.
- d) Pieces – Clean up choking hazards

FEEDING ISSUES

1) **Solids**

Continue baby food vegetables and fruits. Wait until 7 or 8 months old to begin baby food meats.

2) **Don't decrease the amount of formula or breast milk**

Decreasing the volume of formula or breast milk may lead to insufficient weight gain. Most babies this age require 30-36 ounces of formula.