



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED: (if checked)

- DTaP (Diphtheria Tetanus and Acellular Pertussis Vaccine)
- HIB (Haemophilus Influenza B Vaccine)
- IPV (Inactivated Polio Vaccine)
- Prevnar (Pneumococcal Vaccine)
- Hepatitis B

NEXT VISIT: _____

NOTES: _____

SIX MONTH WELL BABY EXAM

Nutrition

Most babies are onto solid foods by this time, working up to 3 meals a day by 9 months. After cereals and yellow vegetables you can try fruits and green vegetables, and plain yogurt and egg yolks. Foods to avoid, because of allergies: nuts, egg whites, citrus and cow's milk until 1 year old. Also avoid honey. Also avoid choking-hazard foods: peanuts, popcorn, carrot sticks, whole grapes, raisins, whole beans. Finger foods at 7 to 9 months old are lots of fun.

Dental

Once teeth erupt, you can clean them with a soft cloth or brush. If your water is not fluoridated, use fluoride drops (you will need a prescription.) Never leave your child in bed with a bottle; it can rot the teeth.

Development

By this time the progression of development is fast and exciting. Babies look for objects dropped out of sight. Their eyes generally do not cross anymore. They turn toward a voice, babble with consonants, imitate speech, and if they don't already, will soon sit without support and roll from back to front. They put toys in their mouths. Many more are now sleeping through the night.

Play and Toys

It is still terrific to rock and cuddle the baby at this age, and to sing, tell stories and nursery rhymes, and imitate him or her and interact. Floor time is great, and it is good to let him or her use hands and feet to explore. Don't rush to put baby in shoes. Other things: offer board books and cloth books, chew toys, and toys that make noise. Some babies can play peekaboo by now; for others, it will come later.

Safety

- Babies should ride in rear-facing car seats as long as possible, certainly until one year old, as it's the law.
- Childproof the house. Recheck Bayside guide to childproofing. Use electrical outlet plugs, stair gates and window guards. Turn pot handles in. Keep small objects, unsafe toys, items with sharp edges, balloons and plastic bags away from your child.
- Careful with baby walkers: they can cause serious injuries and some say they delay walking.
- Put poison control number on all phones: 1-800-222-1222.
- Eliminate poisonous plants from house and yard.
- Take water safety measures: fence pool, keep toilet lids down, no unattended buckets.
- Use sunscreen and hats, and avoid direct sunlight if possible.
- Maintain a smoke free environment.
- Protect against falls from the changing table.