



7959 Broadway, Suites 600 & 604  
San Antonio, Texas 78209  
[www.HeritagePediatrics.com](http://www.HeritagePediatrics.com)  
Fax (210) 805-9523

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### Dr. Hall's 6 Month Old Well Baby Check-up

Weight: \_\_\_lbs\_\_\_oz (\_\_\_%)  
Height: \_\_\_\_\_in (\_\_\_%)  
Head: \_\_\_\_\_in (\_\_\_%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

#### IMMUNIZATIONS

Your baby will get 3 vaccines today:

1. Pediarix#3 (Diphtheria, Tetanus, acellular Pertussis, Hep B, and inactivated Polio-IPV)
2. Prevnar-13 #3 (Pneumococcal)
3. Rotavirus#3 (oral)

#### DEVELOPMENTAL MILESTONES



- Turns well to voice and sound
- Babbles, makes raspberries
- Rolls front to back and back to front
- Puts feet in mouth
- Sits without support (tripod position)
- Reaches out, grabs and transfers objects from one hand to another
- Recognizes parents and may be afraid of strangers
- Shows feelings of pleasure and eagerness

#### THINGS TO DO

- Call to schedule 9 month well baby visit (call 3-4 weeks ahead)

#### NUTRITION



It is important that you continue to feed your baby breast milk or iron-fortified formula for the entire first year of life. It is time to start your infant on solid foods if you have not yet done so. Please refer to the 4 month information sheet for guidance on introduction of solid foods.

About 24-30 ounces of breast milk or formula per day is what most babies



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are taking at this age. You will notice a small decrease in the total volume of formula or breast milk intake as your infant begins to eat more solid foods. Try scheduling 4 feedings of formula/breast milk per day.

\*Cereals: 4-6 tablespoons once a day

\*Vegetables: 4-5 tablespoons twice a day

\*Fruits: 4-5 tablespoons twice a day

\*Meats: may begin at 6 months, 4-5 tablespoons once a day (may be divided into 2 meals)

Other feeding tips:

- Introduce new foods one at a time into baby's diet
- Once baby has "mastered" the strained veggies and fruits, advance to junior or mashed table foods. Expect your baby to spit them out at first because of the new texture. Don't assume that your baby dislikes the taste.
- Baby will develop new skills. Encourage baby to pick up finger foods to feed self as his grasp gets neater. Some good examples are toast cut into strips, crackers, fresh bananas, and pears
- Baby can eat many of the soft table foods the family eats. Cook until very soft, with no additional salt, fat or spices. May mash in blender.
- Avoid honey until after 1st birthday.
- Avoid round, hard foods like peanuts, popcorn, hot dogs or grapes that could get caught in the baby's airway.
- Juices are not necessary and should not be introduced until the baby can drink from a cup. Only breast milk or formula should be given in a bottle. If you decide to offer juice, dilute with water - no more than 4 oz per day.

## TEETHING

Babies begin drooling as early as 3 months of age, however tooth eruption usually begins around 6-7 month of age. Some babies do not get teeth until after 12 months of age. Teething will not cause fever over 101°F or diarrhea. It may cause looser stools, drooling, and fretfulness. You may administer Tylenol drops or offer a cold or frozen teething ring or washcloth for the infant to chew on. This may be of more benefit and safer than offering over-the-counter teething preparations.

Once a day, wipe your baby's gums and teeth with a soft cloth. As the teeth erupt, you should start getting the baby used to a toothbrush. Toothpaste is not necessary right now. It is important that baby is exposed to some fluoride supplementation



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after age 6 months. This may be in the water source, in bottled water or given as a supplement. Talk with your provider about your baby's need for fluoride.

## PLAYTIME / SLEEPTIME

Continue to follow the guidelines recommended in the 4 month handout regarding playtime and sleeping. Try to discourage nighttime awakenings and make sure you have a regular bedtime with an established routine. Remember, no bottles in bed.



Encourage baby to play on the floor in a supervised area with appropriate toys. Now is the time for bath toys, squeaky toys, and plastic cups that fit inside each other.

## SAFETY

Accidents kill more infants in the first year of life than any other cause. Keep your baby safe by following a few recommendations.

- (1) **Childproofing** - Now that baby is ready to crawl and explore, parents must be aware of and limit the possibility of accidents in the home.
  - Remove breakable and small objects on the floor and on low tables
  - Cover electrical outlets and remove dangling electrical cords from baby's reach.
  - Choose toys carefully! Avoid small pieces or removable parts that can be swallowed
  - Never leave alone in bathtub or near open water
  - Keep all cleaning products and medications out of reach and in a locked cabinet
  - Use gates on stairways (top and bottom)
  - Do not leave unattended on any high surface
  - Move household plants out of reach
  - Lower the crib mattress before he can sit up
  - Avoid baby walkers
- (2) **Car Safety** - You may be thinking your infant is outgrowing his infant car seat. Check the manufacture's recommendation on weight and length. If your baby is on the large size, you may want to look at purchasing a convertible car seat. Make sure you purchase one that is approved for rear-facing for this age and forward facing after age two.
  - Remember, the infant should be placed in the back seat with the car seat rear-facing until your child is 2 years of age.
- (3) **Sunburns**
  - Make sure baby is wearing protective clothing when outdoors and exposed to sun
  - Cover head with hat
  - It is safe to use infant sunblock for protection. Avoid placing around the eyes and wash off when out of sun exposure



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## IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday - Friday 8:30-5:00\*

Sat. 8-12 - sick visits only

## VACCINE ONLY HOURS:

9-11am and 2-4pm M-F

\*Office closed for lunch from

12:30-1:30

\*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

\*WIC: 225-0213 (San Antonio area information)

\*Poison Control: 1-800-222-1222

[www.AAP.org](http://www.AAP.org)

(American Academy of Pediatrics - lots of parent hand-outs/information)

## WE RECOMMEND USING:

✓ Methodist Children's Hospital  
(7700 Floyd Curl Drive - Medical Center) for emergency room needs. Contact (210) 575-7000.

✓ For urgent after hours care:  
Night Light Pediatrics @ 19272 Stone Oak Pkwy - contact (210)545-7581  
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.  
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)  
(210) 543-7334