

Healthy Babies, Healthy Kids, Healthy Futures™
Healthy Habits that start in childhood last a lifetime.



6 MONTH OLD CHILD – WELL VISIT HANDOUT

GROWTH PARAMETERS

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

DEVELOPMENTAL MILESTONES FOR A 6 MONTH OLD

- may be rolling both ways
- pushes up on arms when prone
- brings hands to mouth
- raspberries and throaty sounds
- tripods/sits alone
- teething (drooling/gnawing)
- banging toys
- passes objects from hand to hand
- bears weight well on legs

ANTICIPATORY GUIDANCE FOR 7-9 MONTHS

- waves bye-bye
- plays or likes peek-a-boo
- babbles (daadaa, baabaa)
- sits alone without support
- trying to crawl
- pulls to stand/stands up holding on
- may cruise around the furniture

SAFETY

- Never leave baby unattended on any elevated surface.
- Set water heater to 120°.
- Put baby to sleep on his/her back to prevent SIDS (unless rolls over well both ways).
- Avoid sun exposure (Apply at least SPF 15 sunscreen daily as part of getting dressed)..
- Rear-facing car seat till 1 Year even if greater than 20 lbs.
- Use a rectal digital thermometer to take baby's temperature.
- Fever is a rectal temperature ≥ 100.5 . You may now use Tylenol or Motrin for fevers or pain. See the dosing handout @ www.drglasser.com under parent handouts.
- When baby gets first teeth, start cleaning mouth with baby toothbrush or a cloth at bath time with water or NON-FLUORIDE containing toothpaste and try to strive to clean twice a day.
- Start childproofing the house. Crawl around to see what needs to be done first.

NEXT VISIT AT 9 MONTHS (DON'T FORGET THE SHOT RECORD)

Dr. Lisa Glasser of Siena Pediatrics.
Call for appointments (702) 248-7337
Visit www.drglasser.com for additional information.

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