

Goodlettsville Pediatrics

SIX MONTH CHECK UP

NAME _____

DATE _____

HEIGHT _____ WEIGHT _____ HEAD _____

ACETAMINOPHEN (Tylenol) _____ IBUPROFEN (Motrin / Advil) _____

FEEDING: 1. Bottle - Total intake of formula in 24 hours should be 24-26 oz. If taking over 32 oz., encourage more solids and less milk. If taking less than 15 oz. decrease solids and increase formula. Plan to continue formula until 12 months of age. Never prop the bottle.
2. Breast — Nurses about 5-8 times in 24 hours, hopefully concentrated during the day with a single nighttime feeding.

SOLIDS: Average baby is on 2 meals a day at 6 months comprised of cereal, vegetables, and fruits. Some babies (especially breast fed) are not yet eating solids, which is fine. Others are eating large amounts. Remember, through 9 months of age, formula or breast milk should be baby's primary food. Do not give honey to a child less than a year old. This can cause botulism. Start introducing some allergic foods now such as eggs and cow milk in small quantities mixed into baby foods. At 7 months start 2 tsp. of smooth peanut butter 2-3 times per week mixed with baby food. All babies should get 400 IU Vitamin D daily.

SLEEP: Usually sleeps 8 hours at night but may still awaken once for feeding. Hopefully by 9-12 months of age, your baby will be sleeping all night and no longer feeding at night. Recommended Book: *Sleeping Through The Night*, Jodi Mindell. Most babies have settled into a morning and an afternoon nap.

DEVELOPMENT: Wonderful age of happy squeals and laughs. Rolls both ways, uses hands well, and chews on everything. Average age of sitting alone is 7-8 months and crawling is 9-10 months. Talk to your baby as much as possible. He may like toys that make noise when shaken or hit. Continue reading to your baby every day.

ILLNESS: Protective antibodies acquired from the mother before birth are now wearing off. Infants are now susceptible to common viral infections, such as chicken pox.

TEETHING: Babies' first teeth usually come in between 6 and 9 months. Gums may be slightly swollen with increased drooling. Teething does not cause fever, runny nose, diarrhea or inconsolable crying spells. Also remember, a baby of this age loves to chew on anything and everything. This does not mean that they are in pain. Chewing is a baby's joy in life. When teeth come in, gently brush them with a soft toothbrush or a wash cloth. You should use fluoride toothpaste the size of a grain of rice.

SAFETY: A smoke free environment is best for parents and children. Please smoke outside if you must smoke. Be sure smoke detectors are functioning on each level of your home and in every sleeping area. Change batteries twice a year. You should have a fire extinguisher in the kitchen. Your hot water heater should be set to less than 120 degrees to prevent scald injuries in young children. POISON CONTROL number is 1-800-222-1222.

SUN AND BUGS: Use broad spectrum sunscreen of SPF 30 or higher when in the sun, even on cloudy days. Avoid the sun from 10am -- 4pm when possible. Hats, sunglasses with uv protection are all good. Insect bites are most common in the early morning and late afternoon. Use insect repellent if you tend to attract mosquitoes. Picaridin and DEET are both effective against biting insects. Some experts think that Picaridin may be slightly safer than DEET. Both should be used as directed.

CAR SAFETY: All babies need to ride in car seats, in the backseat, facing backwards. When a baby reaches 2 yrs old, they may ride in a forward facing seat. Studies show that up to 80% of car seats are not used properly. For the location of a seat inspection facility that gives hands on assistance, call the toll free number 1-866-732-8243 or check the web at www.seatcheck.org

WARNING: Never shake a baby in anger or in play. An infant's brain floats loosely inside the skull and a hard shake can cause brain damage or death.

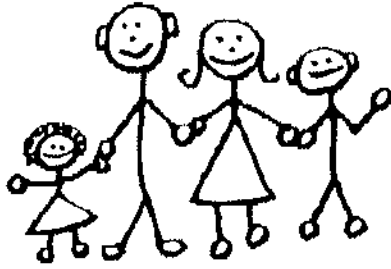
CHOKING: See handout and ask us about a CPR class.

Suggested *Your Baby and Child*, Penelope Leach

Reading: *Caring for your Baby and Young Child: Birth to Age Five*, Steven Shelov

Register for The Imagination Library sponsored by Dolly Parton. <https://usa.imaginationlibrary.com/>

NEXT CHECK UP: _____



Goodlettsville Pediatrics, P.C.

200 Gleaves Street, Suite A
Madison, Tennessee 37115

(615) 851-7865 (R.U.O.K.)

(615) 851-7853 Non-Medical Fax

(888)599-5833 Medical Fax

M. Catherine Dundon, MD

Dina H. Mishu, MD

M. Heather Johnson, MD

Sara J. Patterson, MD

Patricia F. Robinson, MD

Christine Hunley, MD

Susan L. Algood, CPNP

Office Hours

REGULAR OFFICE HOURS

Mon. - Fri. 8:00 a.m. - 5:00 p.m.

EXTENDED HOURS

Mon. - Thurs. 5:00 p.m. - 6:00 p.m.
Saturday 8:00 a.m. - 1:00 p.m.

Every attempt is made to see sick children the day you call. We request that you schedule well child exams, school and sports physicals several weeks in advance whenever possible.

Saturdays are generally reserved for sick children, but a limited number of well exams are available as the season and schedule permits.

After Hours

Call (615) 851-7865 (R.U.O.K.) to reach us after hours. Pediatric nurses assist us in responding to your needs after hours. These nurses are extremely proficient in answering questions on fevers, common childhood illnesses and have direct contact with the physician on call at all times. Please wait to call during regular office hours if possible. Non-urgent questions are best answered during office hours.

Physicals and Well Child Exams

The basis of good care is continuity and getting to know you and your family over time. This way we hopefully will prevent problems or catch them in the early stages. We encourage you to adhere to the recommended schedule for well child exams from birth through the teenage years. These well child exams are times to discuss problems with growth, feeding, sleeping, behavior, development, speech, language, receive immunizations and have screening lab work such as blood counts and urine studies.

Preventive Pediatric Health Care Schedule

	Prenatal	Newborn	3-5 days old	2 wks.	2 Mo.	4 Mo.	6 Mo.	9 Mo.				
Infancy												
Early Childhood	12 Mo.	15 Mo.	18 Mo.	24 Mo.	30 Mo.	3 Yr.	4 Yr.					
Middle Childhood	5 Yr.	6 Yr.	7 Yr.	8 Yr.	9 Yr.	10 Yr.						
Adolescence	11 Yr.	12 Yr.	13 Yr.	14 Yr.	15 Yr.	16 Yr.	17 Yr.	18 Yr.	19 Yr.	20 Yr.	21 Yr.	

Visit Our Website

www.goodpeds.com

*Practice Information

*Biographies of all our Physicians

*Patient Services

Also Available:

Our **FasTrack Call-Ahead Clinic** is also available for simple, straight forward problems such as strep tests, mild illnesses, mild allergies, simple rashes and skin problems. It is staffed by one of our providers and is also open all our open hours (closed for lunch from 12:45-1:45 pm).