

Rourke Baby Record Well Baby Information



Resources

You can visit the RBR Parent Resources website (www.rourkebabyrecord.ca) for additional help to answer questions that you may have about your baby.

For more information on your baby's health, the top 5 websites cited by the RBR Parent Resources are:

1. Canadian Pediatrics Society – Caring for Kids (www.caringforkids.cps.ca)
2. Hospital for Sick Children – About Kids Health (www.aboutkidshealth.ca)
3. Parachute - formerly Safe Kids Canada (www.parachutecanada.org)
4. Dietitians of Canada (www.dietitians.ca)
5. Health Canada (www.hc-sc.gc.ca)

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As evidence-based information is constantly changing, the Rourke Baby Record and these recommendations should be used as a guide only.

May 27/15



Rourke Baby Record

Well Baby Visit

Information about your baby who is:

6 Months Old



Rourke

Baby Record

Evidence-based infant/child health maintenance guide

6 months

Feeding & Growth

- ❑ Solid foods should be introduced by 6 months. At this age, your baby can hold her head up and sit with little help and open her mouth when food is offered. She can accept food from a spoon and swallow it, and can turn her head to refuse food.
 - Stir a little pureed food into some breast milk, formula or water, and give off a spoon.
 - Start with iron-containing foods like infant cereals, meat, tofu, legumes, and poultry. Then add vegetables, fruits, whole eggs, low mercury fish, and dairy products such as yogurt and cheese.
 - Leave 3 or 4 days between starting new foods to tell how the first is tolerated.
 - Do not delay introduction of peanut, fish or egg products. This does not prevent, and may contribute to the risk of developing food allergies.
 - Homogenized cow's milk can be used as her main milk source starting between 9 and 12 months.
 - Do not feed him honey until 1 year of age due to risk of an infection called botulism.
- ❑ You can continue to breastfeed your baby until 2 years and beyond.
- ❑ If you cannot breastfeed your baby, use iron-fortified formula until between 9 and 12 months. At 6 months of age, she will likely drink about 750 to 1,080 mL (25 to 36 oz) formula per day. The amount of formula may decrease as she eats more solid food.
- ❑ Avoid sweetened liquids or fruit juices as they can cause tooth decay, overweight, or diarrhea, and can take the place of healthy foods.
- ❑ Do not give him a bottle in bed containing anything other than water.
- ❑ At 6 mos, she has likely doubled her birth weight.

Keeping Baby Safe

- ❑ Childproof your home. Lock away all medications and cleaning products. Cover electrical outlets and tape down cords. Secure TVs and furniture to prevent them from tipping over. Use window guards and stair gates. Find the hazards before your baby does. Have Emergency numbers handy. Use safe toys for your baby's age, and remove loose parts and broken toys to prevent choking.
- ❑ Avoid exposing him to pesticides, and use pesticide free foods.
- ❑ To prevent drowning, never leave her alone in the bath. Do not use infant bath rings or bath seats.
- ❑ To prevent choking, avoid small, round, hard, smooth and sticky foods until 3 years of age.
- ❑ To prevent sunburn in your baby, minimize direct sun exposure, wear protective clothing and hats, and properly apply sunscreen with SPF 30 and above. Insect repellents with 10% DEET or less can be applied once daily if needed until age 2 years when they can then be used up to 3 times a day.
- ❑ Never shake your baby. This can cause serious brain damage or death. If your baby will not stop crying, and you feel like you are losing control after trying to comfort him, lay your baby in his crib and take a moment to collect yourself before trying to soothe him again.

Vaccinations

- ❑ After the vaccinations, your baby may have no reaction, or may be fussy or sleep more or less than usual. She may have a mild fever or a little redness or swelling where the needle was given. If needed, you can give her acetaminophen or ibuprofen. Call your doctor if her fever reaches 40C (104F), if she is crying/fussy for more than 24 hours, is unusually sleepy or unresponsive, or has swelling at the needle site that is worsening.

Development

- ❑ At 6 months, your baby should:
 - Turn his head towards sounds.
 - Make sounds while you talk to him.
 - Make different sounds for pleasure and displeasure.
 - Roll from his back to his side.
 - Sit with support. E.g. with pillows
 - Reach and grasp objects.
- ❑ Play with your baby. Use songs and stories with actions. Imitate her sounds and reply to them. Help your baby explore her hands and feet. Prop her up and give her toys. Read to her.
- ❑ Report any concerns about your baby's development, including his hearing and vision, to his physician or other healthcare professional.

Other Advice

- ❑ Your baby may begin teething. The first tooth normally appears on the bottom gums when she is about 6 months old, but this can range from before 3 months to after 12 months. To help soothe your baby, avoid any over-the-counter gels, but you can rub her gums with a cold damp cloth. When your baby's teeth appear, clean them twice daily with a soft bristle baby toothbrush using only water (if low risk for tooth decay) or a rice grain sized amount of fluoridated toothpaste (if high risk for tooth decay).
- ❑ If you are looking for a child care facility for your baby, ask if it is accredited, what the number of children and staff are, what training the staff have, and what procedures there are for controlling infections, for preventing injuries, and for emergencies.
- ❑ Shoes are for protecting your baby's feet, but are not needed for development. Walking barefoot develops good toe gripping and muscular strength.