



# DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

| Tylenol/Acetaminophen | mL = milliliter<br>tsp = teaspoon | Tylenol<br>Infants' Oral<br>Suspension | Tylenol<br>Children's Oral<br>Suspension | Tylenol<br>Children's Chewable<br>Tablets (160 mg) | Tylenol<br>Children's Dissolve<br>Packs (160 mg) |
|-----------------------|-----------------------------------|----------------------------------------|------------------------------------------|----------------------------------------------------|--------------------------------------------------|
|                       | Weight                            |                                        |                                          |                                                    |                                                  |
|                       | 6-11 lbs.                         | 1.25 mL                                | —                                        | —                                                  |                                                  |
|                       | 12-17 lbs.                        | 2.5 mL                                 | —                                        | —                                                  |                                                  |
|                       | 18-23 lbs.                        | 3.75 mL                                | —                                        | —                                                  |                                                  |
|                       | 24-35 lbs.                        | 5 mL                                   | 5 mL (1 tsp)                             | —                                                  |                                                  |
|                       | 36-47 lbs.                        | —                                      | 7.5 mL (1.5 tsp)                         | —                                                  |                                                  |
|                       | 48-59 lbs.                        | —                                      | 10 mL (2 tsp)                            | 2 tablets                                          | 2 powders                                        |
|                       | 60-71 lbs.                        | —                                      | 12.5 mL (2.5 tsp)                        | 2.5 tablets                                        | 2 powders                                        |
|                       | 72-95 lbs.                        | —                                      | 15 mL (3 tsp)                            | 3 tablets                                          | 3 powders                                        |

| Motrin/Ibuprofen | Weight     | Motrin<br>Infants Concentrated<br>Drops 50 mg/1.25 mL | Motrin<br>Children's Oral Suspension<br>Liquid 100 mg/5 mL | Motrin Children's<br>Chewables<br>Tablets 100 mg each |  |
|------------------|------------|-------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|--|
|                  | 12-17 lbs. | 1.25 mL                                               | —                                                          | —                                                     |  |
|                  | 18-23 lbs. | 1.875 mL                                              | —                                                          | —                                                     |  |
|                  | 24-35 lbs. | —                                                     | 5 mL (1 tsp)                                               | 1 tablet                                              |  |
|                  | 36-47 lbs. | —                                                     | 7.5 mL (1.5 tsp)                                           | 1.5 tablets                                           |  |
|                  | 48-59 lbs. | —                                                     | 10 mL (2 tsp)                                              | 2 tablets                                             |  |
|                  | 60-71 lbs. | —                                                     | 12.5 mL (2.5 tsp)                                          | 2.5 tablets                                           |  |
|                  | 72-95 lbs. | —                                                     | 15 mL (3 tsp)                                              | 3 tablets                                             |  |

\*If under 6 months of age, please consult your pediatrician.

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.  
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



# 6 MONTH CHECKUP

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Next Visit: **9 Months of Age**

## Behavior

- Your baby may become afraid of strangers and may cling more to family members. Playtime should include looking at picture books, talking, playing pat-a-cake, singing, and counting piggies.

## Nutrition

- 1 feeding of cereal, 1 to 2 vegetables, and 1 fruit per day is usually enough, although the amount will vary between infants.
- Avoid foods that may cause choking, such as hard candy, mini-marshmallows, popcorn, pretzels, nuts, seeds, hot dogs, raw carrots, raisins, and whole grapes.
- Honey can still be dangerous for infants until 1 year of age.
- By this time, most babies will be taking 4 or 5 bottles per day; breast-fed babies will usually be on a fairly regular schedule.
- Foods with high allergy potential (e.g. eggs, peanut butter, etc.) should be encouraged 2-3 times a week once they are safely introduced

## Teething

- If your child is fussy from teething, you may use Infant Tylenol or Advil/Motrin.
- Many symptoms are falsely blamed on teething (e.g., fever, congestion, diarrhea).
- If your baby has a fever greater than 101°F, this is not due to teething.
- As teeth erupt, clean them with a soft brush or cloth and water.

## Safety

- Infants should be restrained in a rear facing carseat anytime they are in the car.” “For the most up to date guidelines, refer to the National Highway Traffic Safety Administration ([www.nhtsa.gov](http://www.nhtsa.gov)).
- Please continue to watch for falls, especially since your child may be beginning to roll over now.
- In case your child eats or drinks something that he/she should not, call the Poison Control Center at (800) 222-1222.

## Development

- Your baby's growth will slow a little.
- He/she will now begin to roll over both ways.
- Your baby's head control will be better and he/she may sit with a little support.
- Your baby will soon begin to crawl.

- If you hold your baby in a standing position, he/she will bear weight on his/her legs.
- Your baby will rake small objects with his/her hands, and will play with his/her feet.
- Your baby will blow bubbles, laugh and squeal. He/she may fake a cough.
- Your baby will reach for objects and will transfer objects from hand to hand.

## Immunizations

- Please see attached sheets for vaccines given today.
- You may see low-grade fever, fussiness, and swelling or redness at the site of the injection.
- You can give Tylenol every 4 hours or Advil/Motrin every 6 hours as needed (see dosing chart). Use a cool compress if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit, or a limp spell), call your pediatrician.

## Sleep

- Most children are sleeping through the night.
- Continue to follow a regular routine at bedtime and continue to allow your baby to put himself/herself to sleep.
- Do not put your baby to bed with a bottle.





# BRUSH UP ON HEALTHY TEETH

Your child's teeth will begin coming in between 6 and 12 months of age. The two bottom front teeth will be the first to come in followed by the four upper teeth. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended and can be dangerous.

There are many things parents can do to ensure their children have healthy teeth.

## Brushing

Once your child has teeth, you can begin cleaning them by wiping them with a moist cloth. As more teeth erupt you can begin using a soft toothbrush.

## Fluoride

Fluoride is VERY important for healthy teeth. Initially, most children get the fluoride they need from the water they drink (city water or nursery water). If your child drinks well water, bottled water without fluoride, or is exclusively breastfed, then he/she will need to brush with fluoride toothpaste once a day. Only a small amount of fluoride toothpaste is needed at this time - usually a "smear" once a day is enough. It is okay if your child swallows a small amount of fluoride toothpaste. At the age of 2, all children should be using fluoride toothpaste - about a pea-sized amount twice a day.

## Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. Never put your child to bed with a bottle, cup, or food.

## Dental Visits

The latest recommendation is "first visit by the first birthday." This is especially true if your child is having dental problems or is at high risk to develop cavities.

## Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child visit. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

### Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central



## Healthy Eating for 6 Month Olds

- Offer a variety of foods at each mealtime including iron fortified cereals, fruits, and vegetables.
- Use breastmilk, formula, or water to make food thinner if necessary.
- Get excited when you offer foods. Smiles and saying "yum" encourage infants to try food.
- Start with 1 time a day until your baby gets used to eating foods.
- Most infants are not ready for 3 feedings a day until they are 9 months old

### Portion Sizes:

- Start with 1 or 2 Tablespoons in a small bowl. Offer more if still hungry. This will keep you from wasting food.
- Breastmilk or formula is still the best milk.
- Sips of water from an open cup can be offered with meals for a total of 4-8 ounces per day.
- Your baby does not need juice or any other sugary drinks.

### Common Early Feeding Traps

- Anticipate that daily milk intake will fall as baby's food intake increases.
- Avoid "combo dinners" and baby desserts.
- Extrusion reflex is normal and does not mean that the baby doesn't like the food.
- New foods require multiple presentations.
- Focus on new eating experiences and skills.

# ACTIVITIES 6 MONTHS OLD

- Your baby will be interested in banging objects to make noise. Give your baby blocks to bang, rattles to shake or wooden spoons to bang on containers. Show your baby how to bang objects together.

- A good pastime is putting objects in and out of containers. Give your baby plastic containers with large beads or blocks. Your baby may enjoy putting socks in and out of the sock drawer or taking small cartons (Jell-O, tuna, or soup cans) on and off shelves.

- Mirrors are exciting at this age. Let your baby pat and poke at himself/herself in the mirror. Smile and make faces together in the mirror.

- Your baby will begin using his/her index fingers to poke. Let your baby poke at a play telephone or busy box. Your baby will want to poke at faces. Name the body parts as your baby touches your face.

- Put toys on a sofa or sturdy table so that your baby can practice standing while playing with the toys.

- Find a big box and let your baby crawl in and out. Stay close by and talk to your baby about what he/she is doing. "You went in! Now you are out!"

- Read baby books or colorful magazines by pointing and

telling your baby what is in the picture. Let your baby pat pictures in the book.

- Play hide-and-seek games with objects. Let your baby see you hide an object under a blanket, diaper, or pillow. If your baby doesn't uncover the object, just cover part of it. Help your baby find the object.

- Play ball games. Roll a ball to your baby. Help your baby or have a partner help him/her roll the ball back to you. Your baby may even throw the ball, so beach balls or Nerf balls are great for this game.

- Turn on a radio or stereo. Hold your baby in a standing position and let your baby bounce and dance. If your baby can stand with a little support, hold his/her hands and dance like partners.

- Play imitation games like Peek-a-Boo and So Big. Show pleasure at your baby's imitations of movements and sounds. Babies enjoy playing the same games over and over.

- Let your baby play with plastic measuring cups, cups with handles, sieves, strainers, sponges, and balls that float in the bathtub. Bath time is a great learning time.

- Play Pat-a-Cake with your baby. Clap his/her hands together or take turns. Wait and see if your baby signals

you to start the game again. Try the game using blocks or spoons to clap and bang.

- Your baby will talk more with different sounds like "la-la" and "da-da." Copy the sounds your baby makes. Add a new one and see if your baby tries it too. Enjoy your baby's early attempts at talking.

- Make a simple puzzle for your baby by putting blocks or ping-pong balls inside a muffin pan or egg carton.

- You can make a simple toy by cutting a round hole in the plastic lid of a coffee can. Give your baby wooden clothes pins or ping-pong balls to drop inside.

- Say "hi" and wave when entering a room with your baby. Encourage your baby to imitate. Help your baby wave to greet others. Waving "hi" and "bye" are early gestures.

- Let your baby make choices. Offer two toys and see which one your baby picks. Encourage your baby to reach or point to the chosen object. Babies have definite likes and dislikes!

- New places and people are good experiences for your baby, but these can be frightening. Let your baby watch and listen and move at his/her own speed. Go slowly. Your baby will tell you when he/she is ready for more.

