

**PARKSIDE PEDIATRICS, S.C.**  
FRANK ROEMISCH, M.D.

Parkside Medical Center  
at Lutheran General Hospital  
1875 Dempster Street, Suite 650  
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5  
Thurs. 12-8  
Fri. and Sat. 9-1  
Phone: 847/823-8000

Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Head \_\_\_\_\_

**SIX MONTH OLD INSTRUCTIONS**

**FEEDING:**

The typical infant is feeding 4-5 times per day during the parent's waking hours. Notify us during office hours if your child is consistently feeding more than 5 times per day or is consistently consuming more than 32 ounces of formula per day.

**SUPPLEMENTAL FOODS:**

Stage 1 vegetables should be started at this age if not already initiated. If you prefer to prepare your child's vegetables yourself, steam or microwave the vegetable without added salt until cooked. Then puree the cooked vegetable in a blender to which you add some formula or breast milk for creaminess. For convenience, you can make a large batch, pour it into an ice cube tray, and then freeze it. Place the frozen cubes into a sealed plastic bag in the freezer for future meals. Feed your child by spoon rather than adding solids to the bottle. The first 2 to 3 weeks will be the messiest as your child learns proper coordination. A helpful hint is to use a coated spoon, place the spoon in the mouth, press down on the tongue, and insert the spoon a little further so the cereal is more near the rear of the mouth. Initially start with 1 teaspoon at the breakfast and/or dinner feedings. There is a wide range of how much different babies will consume. Make sure your child is still taking between 28 to 32 ounces of formula or breastfeeding 4 times per day before you increase the amount of supplemental foods. Allow a 5 day trial period for each item before adding another. The only foods to avoid are raw honey, corn syrup, items your child may choke on, and spices from Asia. Wild Atlantic Salmon is a safer fish option with lower risk of mercury and toxin ingestion.

**WATER:**

For strong bone and teeth development, your child needs to consume at least 8 ounces of fluoridated water per day. If your child is on formula, this can be obtained most easily by switching from ready-to-feed to a concentrate or powdered form using fluoridated water to reconstitute these formulas. The best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

**VITAMINS:**

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron (an over the counter vitamin), should be given at a dose of 1.0 ml (one dropper) per day. Formula only fed children need no additional vitamins. Notify us if your infant is not consuming at least 8 ounces of fluoridated water a day so an appropriate fluoride supplement can be prescribed. Water used to mix formula counts toward the 8 ounce requirement.

## **SLEEP:**

The average child is sleeping 10½ hours at night with 2 1½ to 2 hour naps during the day. If your child is still frequently waking at night or is excessively tired during the day, discuss possible solutions with us during office hours.

## **DEVELOPMENT:**

Over the next month your child will refuse foods by keeping the lip closed. You will notice the development of cooing with sounds such as ba, da, and ka. Cubes will be banged on the top of the table and your child will develop the skills to start finger feeding. Visual acuity at this age is 4/60 (adult vision is 60/60). The average child gets the first tooth at 6 to 7 months of age with 2 to 4 teeth every 2 to 4 months until they have all 20 primary baby teeth at about 2½ years old. There is no fever associated with teething. Eye color tends to be fixed at this age. Continue to frequently read books to your child.

## **SAFETY:**

We strongly recommend that both parents take a course in CPR. Places to contact for programs include community colleges, local hospitals, and the Red Cross.

Your child will soon be actively exploring and putting everything in the mouth. Therefore, keep all plastic wrappers and balloons out of reach of your child. Avoid toys that are small enough to fit through the center of a toilet tissue roll so as to prevent choking. Check stuffed animals periodically for loose eyes and noses. Make sure the squeaker device in the baby's toys are not detachable.

Due to safety factors and potential developmental delay, we strongly recommend that you NEVER place your child in a walker, exersaucer, or Johnny Jumper.

Due to the risk of choking and cavities, never put your child to bed with a bottle.

Avoid loose strings on toys so as to prevent entanglements of the baby's toes, fingers, or necks. This includes not using attachment devices for rattles or pacifiers especially while your child is sleeping.

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible. Pillows and stuffed animals pose a suffocation risk and should not be in the crib with your sleeping child.

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number should be readily available at all times, including in your cell phone, along with the number for the nearest emergency room and our office.

## **HYGIENE:**

Once the teeth have erupted, you should begin brushing the teeth and gums with a wet wash cloth at least once a day. Do not use toothpaste at this age. You may want to try an infant or finger toothbrush such as Infa-Dent which instead of a wash cloth. These are reusable.