

INFANT EXAM – SIX MONTHS

DATE: _____

HEIGHT: _____ WEIGHT: _____

DEVELOPMENT:

1. Sits unsupported (6-7 months).
2. Reaches with one hand.
3. Transfers objects from one hand to the other.
4. Fear of strangers/separation anxiety.

ACCIDENT PREVENTION:

1. *Always* use a car seat. Use a rear facing seat until baby weighs 20 pounds and is at least one year of age.
2. Walkers – not necessary, can be dangerous around stairs.
3. Begin to “childproof” your home. Survey for sharp objects, sharp table edges, medicines and poisons. Obtain lock boxes or install cabinet locks for poison or other dangerous items.
4. Block hallways with a safety gate.
5. Put electrical outlet covers over all unused outlets.
6. Use the playpen as an “island of safety” when needed.
7. If you have a swimming pool, make sure it is properly fenced and that the infant is never left unattended near the pool.
8. Keep **poison hotline number (1-800-764-7661)** in case of accidental ingestion.

NUTRITION:

1. Start on solids, if you haven’t already done so.
2. Introduce a cup, but don’t expect too much too soon.

ILLNESS:

1. Acetaminophen drops—0.8 mL (12-17 pounds) / 1.2 mL (18-32 pounds).
2. Fever does **not** cause brain damage.

NEXT VISIT:

At nine months of age.