



Bright Futures Parent Handout 6 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
 - Opens mouth for the spoon.
 - Sits with support.
 - Good head and neck control.
 - Interest in foods you eat.

Starting New Foods

- Introduce new foods one at a time.
 - Iron-fortified cereal
- Good sources of iron include
 - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
 - Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby's signs of fullness.
 - Leaning back
 - Turning away
- Do not force your baby to eat or finish foods.
 - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
- To prevent choking
 - Only give your baby very soft, small bites of finger foods.
 - Keep small objects and plastic bags away from your baby.

How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.

FUNCTIONING

- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

ORAL HEALTH

Your Baby's Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.

INFANT DEVELOPMENT

Crib/Playpen

- Put your baby to sleep on her back.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2³/₈ inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
 - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Lower your baby's mattress all the way.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
 - Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

SAFETY

What to Expect at Your Baby's 9 Month Visit

We will talk about

- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

NUTRITION AND FEEDING

FAMILY FUNCTIONING



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Dear Parents,

Because your child's first years of life are so important, we want to help you provide the best start for your child. Our practice has been using Ages and Stages Questionnaires (ASQ) to monitor your child's development. We are now able to provide this screening online for your convenience.

You will be asked to answer questions about some things your child can and cannot do. The questionnaire includes questions about your child's communication, gross motor, fine motor, problem solving and personal social skills. You, as a parent, will be filling these questionnaires out for your child for his/her 9 month, 12 month, 15 month, 18 month, 2 year, 3 year, 4 year, and 5 year well child checks.

We will email you a reminder to complete your questionnaire two weeks before your child's upcoming well child check. Please add our email address, info@johnscreekpediatrics.net to your safe list. That way, when we email you the reminder, it will go directly to your inbox. To participate in this screening study, please access the secure URL listed in the email. You do not need to print out the questionnaire. Complete the items online. Be sure to go through all the questions and then press the *SUBMIT* button. We will receive the results electronically. If we have not received them a few days prior to your appointment, we will give you a reminder call.

If you have any difficulties, please contact our office at 770.814.1160. We look forward to your participation in ASQ-3.

Sincerely,

Johns Creek Pediatrics, PC
Karen Dewling, M.D.
Harriette Perlstein, M.D.
Jennifer Kadlec-Looby, M.D.

Home Safety

To help ensure your home is a safe place for your child, please review the following guidelines.

Bedroom Dangers

1. The changing table can be a dangerous place for an unattended child. Always use the safety belt and keep a hand on your child at all times.
2. Baby powder should be kept out of reach of children. Avoid using it around your baby's face because talc or cornstarch in the powder can injure a baby's lungs.
3. All window coverings ideally should be cordless but if you do have drapery or blind cords make sure these are tied up without loops so your child can't reach. Loose cords can strangle a child.
4. Babies should sleep on their backs until the age of 1 year to decrease the risk of sudden infant death syndrome. The crib should be free of clutter (no stuffed toys, pillows, quilts, comforters or anything that could cover their face). The mattress should be firm, covered with a tight crib sheet, and fit snugly in the frame. The slats should be no wider than 2 3/8 inches. Make sure the head and foot board does not have any cut outs that your child may become trapped. The crib must be correctly assembled with all hardware tightened securely. Nothing with strings or ribbons should be hung over the crib.
5. Make sure night lights are away from drapes or bedding to avoid starting a fire. You should buy only "cool" nightlights.
6. Make sure all outlets in the home are covered with plug protectors.
7. Make sure window guards are secure to prevent a fall from the window.
8. Depending on the size of your home you will probably have multiple smoke alarms. Make sure there are alarms outside of every bedroom or any place where people sleep. Batteries should be changed yearly and tested monthly to make sure the alarm still works.
9. The best type of toy chest is a box or a basket without a lid. If you have a chest make sure the hinges hold the lid open, the chest is non-locking, and has air holes in case your child gets trapped inside. Any furniture that a child could pull down on top of their body should be secured to the wall to prevent this.
10. If you have a humidifier it should be cool mist to prevent burns and should be kept clean to avoid bacteria or mold growth

Kitchen Dangers

1. Any sharp objects, hazardous materials, or anything that could be harmful to your child if ingested or handled (cleaning supplies, dishwashing detergent, vitamins, medicine, matches, lighters, etc.) should be kept in drawer or cabinet with child safety locks.
2. Keep stools or chairs away from counters. Use back burners and point pot handles toward the back of the stove. Keep your child away from the stove when it is on. All appliances should be out of reach of your child and unplugged when not in use. Appliance cords should also be kept out of your child's reach.
3. Make sure your dishwasher and stove have a childproof lock. Make sure knob protectors have been placed on stove knobs.
4. Make sure your child's high chair has a safety belt with a strap between the legs.
5. Keep a working fire extinguisher on hand at all times and know how to use it.

Bathroom Dangers

1. Since there are many potential hazards in the bathroom keep the door closed with a childproof doorknob cover to keep your child out when not with you. Keep the toilet lid down and consider a lock for the lid.
2. Always stay within arm's reach of your child when he is in the bathtub. A child can drown in even a few inches of water. You should also make sure the bathmat is non-skid and the tub has nonskid strips to prevent falls.
3. Just like in the kitchen keep all medications, cleaners, toiletries, or any potentially hazardous items in a childproof locked cabinet. Make sure all medications have child resistant caps. Make sure all electrical appliances are unplugged and out of reach. Outlets should have ground fault interrupters (GFIs).
4. The hottest temperature at the faucet should be no more than 120°F to avoid burns. Usually you can adjust your hot water heater.

Other General Home Dangers

1. Make sure all furniture and any other heavy items like a TV or lamp are secure so they can't fall on your child.
2. Some houseplants are poisonous so keep out of reach of children. Teach your child to never pick and eat anything from an indoor or outdoor plant.
3. Make sure any sharp edges on tables, fireplace, etc. are padded.
4. Make sure all electrical outlets are covered with a childproof cover. There should be no frayed, worn, or damaged electrical cords and outlets should never be overloaded. Cords should also be kept out of reach of children. Run them behind furniture and don't let them hang down for children to grab.
5. All fireplaces should be blocked from access and lighters and matches kept in a locked cabinet. Only use candles when an adult is present. Candles should never be left unattended.
6. Homes without firearms are safest for children, but if you must have a gun make sure it is stored unloaded in a locked safe. Ammunition should be stored locked in a separate area.
7. Make sure your family has a fire escape plan. You should practice home fire drills with the entire family.
8. All stairs should be blocked with a child safety gate.
9. Make sure all areas of your home are free of small parts, small toys, coins, balloons, plastic bags, or anything which may present a choking hazard.
10. Paper shredders should always be unplugged and out of reach of children. Treadmills should also be unplugged and cord concealed from children.
11. Make sure the poison control number is posted by all phones and programmed into your cell phone. Teach your child how to call 911 in an emergency.

Pool and Playground Dangers

1. Home playground equipment should be assembled correctly, on level ground and anchored firmly. The swings should be made of soft material such as plastic, rubber, or canvas. Wood chips, mulch, or shredded rubber should be under the equipment. The recommended depth of the mulch is 9 inches for play equipment up to 7 feet high.
2. Pools should always have at least a 4 foot fence surrounding them and separating them from the house. The fence gate should swing out, self-close and self-latch. The latch should be high and out of reach of children.
3. You should have easy access to rescue equipment such as a shepherd's hook or a life preserver. A phone should also be easily accessible.
4. Learn CPR. Your skills could save your child's life!

Your Child's First Vaccines

What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

The vaccines covered on this statement are those most likely to be given during the same visits during infancy and early childhood. Other vaccines (including measles, mumps, and rubella; varicella; rotavirus; influenza; and hepatitis A) are also routinely recommended during the first five years of life.

Your child will get these vaccines today:

- DTaP Hib Hepatitis B Polio PCV13

(Provider: Check appropriate boxes.)

1 Why get vaccinated?

Vaccine-preventable diseases are much less common than they used to be, thanks to vaccination. But they have not gone away. Outbreaks of some of these diseases still occur across the United States. **When fewer babies get vaccinated, more babies get sick.**

7 childhood diseases that can be prevented by vaccines:

1. Diphtheria (the 'D' in DTaP vaccine)

- **Signs and symptoms** include a thick coating in the back of the throat that can make it hard to breathe.
- **Diphtheria can lead to** breathing problems, paralysis and heart failure.
 - About 15,000 people died each year in the U.S. from diphtheria before there was a vaccine.

2. Tetanus (the 'T' in DTaP vaccine; also known as Lockjaw)

- **Signs and symptoms** include painful tightening of the muscles, usually all over the body.
- **Tetanus can lead to** stiffness of the jaw that can make it difficult to open the mouth or swallow.
 - Tetanus kills about 1 person out of every 10 who get it.

3. Pertussis (the 'P' in DTaP vaccine, also known as Whooping Cough)

- **Signs and symptoms** include violent coughing spells that can make it hard for a baby to eat, drink, or breathe. These spells can last for several weeks.
- **Pertussis can lead to** pneumonia, seizures, brain damage, or death. Pertussis can be very dangerous in infants.
 - Most pertussis deaths are in babies younger than 3 months of age.

4. Hib (*Haemophilus influenzae* type b)

- **Signs and symptoms** can include fever, headache, stiff neck, cough, and shortness of breath. There might not be any signs or symptoms in mild cases.
- **Hib can lead to** meningitis (infection of the brain and spinal cord coverings); pneumonia; infections of the ears, sinuses, blood, joints, bones, and covering of the heart; brain damage; severe swelling of the throat, making it hard to breathe; and deafness.
 - Children younger than 5 years of age are at greatest risk for Hib disease.

5. Hepatitis B

- **Signs and symptoms** include tiredness, diarrhea and vomiting, jaundice (yellow skin or eyes), and pain in muscles, joints and stomach. But usually there are no signs or symptoms at all.
- **Hepatitis B can lead to** liver damage, and liver cancer. Some people develop chronic (long term) hepatitis B infection. These people might not look or feel sick, but they can infect others.
 - Hepatitis B can cause liver damage and cancer in 1 child out of 4 who are chronically infected.

6. Polio

- **Signs and symptoms** can include flu-like illness, or there may be no signs or symptoms at all.
- **Polio can lead to** permanent paralysis (can't move an arm or leg, or sometimes can't breathe) and death.
 - In the 1950s, polio paralyzed more than 15,000 people every year in the U.S.



7. Pneumococcal Disease

- **Signs and symptoms** include fever, chills, cough, and chest pain. In infants, symptoms can also include meningitis, seizures, and sometimes rash.
- **Pneumococcal disease can lead to** meningitis (infection of the brain and spinal cord coverings); infections of the ears, sinuses and blood; pneumonia; deafness; and brain damage.
 - About 1 out of 15 children who get pneumococcal meningitis will die from the infection.

Children usually catch these diseases from other children or adults, who might not even know they are infected. A mother infected with hepatitis B can infect her baby at birth. Tetanus enters the body through a cut or wound; it is not spread from person to person.

Vaccines that protect your baby from these seven diseases:

Vaccine	Number of doses	Recommended ages	Other information
DTaP (Diphtheria, Tetanus, Pertussis)	5	2 months, 4 months, 6 months, 15-18 months, 4-6 years	Some children get a vaccine called DT (Diphtheria & Tetanus) instead of DTaP.
Hepatitis B	3	Birth, 1-2 months, 6-18 months	
Polio	4	2 months, 4 months, 6-18 months, 4-6 years	An additional dose of polio vaccine may be recommended for travel to certain countries.
Hib (<i>Haemophilus influenzae</i> type b)	3 or 4	2 months, 4 months, (6 months), 12-15 months	There are several Hib vaccines. With one of them the 6-month dose is not needed.
Pneumococcal (PCV13)	4	2 months, 4 months, 6 months, 12-15 months	Older children with certain health conditions also need this vaccine.

Your healthcare provider might offer some of these vaccines as **combination vaccines**—several vaccines given in the same shot. Combination vaccines are as safe and effective as the individual vaccines, and can mean fewer shots for your baby.

2 Some children should not get certain vaccines

Most children can safely get all of these vaccines. But there are some exceptions:

- A child who has a mild cold or other illness on the day vaccinations are scheduled may be vaccinated. A child who is moderately or severely ill on the day of vaccinations might be asked to come back for them at a later date.
- Any child who had a life-threatening allergic reaction after getting a vaccine should not get another dose of that vaccine. **Tell the person giving the vaccines if your child has ever had a severe reaction after any vaccination.**
- A child who has a severe (life-threatening) allergy to a substance should not get a vaccine that contains that substance. **Tell the person giving your child the vaccines if your child has any severe allergies that you are aware of.**

Talk to your doctor before your child gets:

- **DTaP vaccine**, if your child ever had any of these reactions after a previous dose of DTaP:
 - A brain or nervous system disease within 7 days,
 - Non-stop crying for 3 hours or more,
 - A seizure or collapse,
 - A fever of over 105°F.
- **PCV13 vaccine**, if your child ever had a severe reaction after a dose of DTaP (or other vaccine containing diphtheria toxoid), or after a dose of PCV7, an earlier pneumococcal vaccine.

3 Risks of a Vaccine Reaction

With any medicine, including vaccines, there is a chance of side effects. These are usually mild and go away on their own. Most vaccine reactions are not serious: tenderness, redness, or swelling where the shot was given; or a mild fever. These happen soon after the shot is given and go away within a day or two. They happen with up to about half of vaccinations, depending on the vaccine.

Serious reactions are also possible but are rare.

Polio, Hepatitis B and Hib Vaccines have been associated only with mild reactions.

DTaP and Pneumococcal vaccines have also been associated with other problems:

DTaP Vaccine

- **Mild Problems:** Fussiness (up to 1 child in 3); tiredness or loss of appetite (up to 1 child in 10); vomiting (up to 1 child in 50); swelling of the entire arm or leg for 1-7 days (up to 1 child in 30)—usually after the 4th or 5th dose.
- **Moderate Problems:** Seizure (1 child in 14,000); non-stop crying for 3 hours or longer (up to 1 child in 1,000); fever over 105°F (1 child in 16,000).
- **Serious problems:** Long term seizures, coma, lowered consciousness, and permanent brain damage have been reported following DTaP vaccination. These reports are extremely rare.

Pneumococcal Vaccine

- **Mild Problems:** Drowsiness or temporary loss of appetite (about 1 child in 2 or 3); fussiness (about 8 children in 10).
- **Moderate Problems:** Fever over 102.2°F (about 1 child in 20).

After any vaccine:

Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

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What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, and difficulty breathing. In infants, signs of an allergic reaction might also include fever, sleepiness, and disinterest in eating. In older children signs might include a fast heartbeat, dizziness, and weakness. These would usually start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 or get the person to the nearest hospital. Otherwise, call your doctor.

Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not give medical advice.

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The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

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How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)**
 - Visit CDC's website at www.cdc.gov/vaccines or www.cdc.gov/hepatitis

Vaccine Information Statement **Multi Pediatric Vaccines**

11/05/2015

42 U.S.C. § 300aa-26

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