

Bloomfield Pediatric Care

www.bloomfieldpediatriccare.com

43205 Woodward Avenue Bloomfield Hills, MI 48302

6 Month Well Visit

Growth & Development Milestones

- ✓ Loves playing with rattles and squeaky toys
- ✓ Sleeps through the night, may start teething
- ✓ May prefer some foods to others, plays with food
- ✓ Loves games like peek-a-boo and pat-a-cake
- ✓ Babbles and squeals using single syllables
- ✓ Loves to jabber, may recognize own name
- ✓ Displays especially strong attachment to mother, father, siblings, and other familiar people
- ✓ Smiles at other children
- ✓ Continues to like seeing himself in a mirror
- ✓ Rests on elbows, begins to sit alone
- ✓ Moves from sitting to up-on-all-fours
- ✓ Reaches with one hand, bats/grasps dangling objects, holds objects between thumb/ forefinger
- ✓ Passes objects from one hand to another

Personal Health & Wellness

- ✓ Introduce pureed fruits, veggies and meats only one new food at a time for a few days
- ✓ No foods that require chewing
- ✓ Spoon feed baby foods in smooth textures, cereals mixed with formula or breast milk
- ✓ Breast/formula recommended until age 1
- ✓ Baby needs 16-24 ounces of breast milk or formula daily for bone growth
- ✓ **Avoid** juices , **No** junk foods or soda pop
- ✓ Clean teeth/gums twice a day with soft cloth
- ✓ Never put baby to bed with a bottle
- ✓ Read daily, sing & be active!
- ✓ No excess toys or blankets in the crib
- ✓ Have a bedtime routine to help learn to self-soothe

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important, assess with survey on your knees
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun, when out may start using sunscreen!
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Poison Control number available to all caregivers**

For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-6-months-old/>



Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



Office Hours:

Monday – Friday 9:00 am to 5:00 pm

Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888