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## 6 month

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

Name: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

### **Six to Nine Month old can:**

- Try to pull up to standing
- Make “Da” and “Ma” sounds
- Bang and shake things
- Recognize faces
- “Gum” objects
- Pick up objects with thumb and fingers
- Have teeth
- Use highchair
- Sit on own

### **Foods:**

Avoid honey, whole milk, and choking hazards

### **Supplements:**

Fluoride if not in water supply

### **Stimulation:**

- Play peek-a-boo and pat-a-cake
- Find a hidden object
- Place objects in a container
- Read out loud. Sing and Dance.
- Limit time in exersaucer until baby is pulling up on own

### **Medications:**

Tylenol syrup, 1/2 tsp. or 2.5 ml every four hours

**Vaccinations:** Most infants have no after effects with vaccines, some may have-  
More irritability or fussiness. Redness or swelling at the site of the shot, use ice and massage; Contact your  
doctor if your child’s symptoms are severe or last longer than 48 hours.

### **Safety:**

- Rear facing car seat until age 2
- Never leave child unattended in car or bath
- CHILD PROOF HOUSE (Fence stairs, lower mattress, cover electrical outlets, safety locks on cabinets)

### **Suggested Reading:**

- The Baby Sleep Solution* by Suzy Giordano
- What to Expect in the First Year* by Heidi Murkoff

**Return: 9 months of age**

Resources: [www.healthychildren.org](http://www.healthychildren.org) (American Academy of Pediatrics)  
[www.powerofmoms.com](http://www.powerofmoms.com)



We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18)
- Watch the first time walk-through video or check out the video tutorial [www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at [staceyw1022@gmail.com](mailto:staceyw1022@gmail.com) or 385.7776