
Countryside Public Health



Health

TRACKS

Age 6 months

Greetings!

Hi there! Your baby will soon be 6 months old. What a difference there is between the tiny sleepy newborn and the active alert baby who now smiles and makes noise at you.

Your child's health care

Well-Child Check Ups:

Now is the time to call and schedule your baby's 6 month health check-up. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 6 month checkup. Ask your health care provider if your child needs fluoride.

Immunizations (shots):

Hopefully your baby has received the first and second set of immunizations. If not, please start now.

At 6 months your baby needs:

- ♥ 3rd DTaP
- ♥ 3rd Prevnar
- ♥ 3rd Rotateq (Oral)
- ♥ 3rd HIB if your provider uses the HibTiter, a 4 dose product

It is very important to keep on schedule with the immunizations. If your baby falls behind you do not need to start over. If your child has a slight cold or runny nose, please contact your clinic or call us as to whether the immunization can still be given. There are only a few instances in which a shot should **NOT** be given.

Remember to have the baby's GOLD card updated when the shots have been given.

tip

Play "Peek-a-Boo" and "Pat-a-Cake" with your baby. Give baby safe objects that are different sizes, weights, textures, and make different sounds.

Your growing child

By now, your baby should have doubled her birth-weight. During the next 2 months she may do some of the following:

- ♥ Rock on hands and knees
- ♥ Sit briefly with/without support
- ♥ Babble or squeal
- ♥ Laugh out loud
- ♥ Reach for and hold objects
- ♥ Put EVERYTHING into her mouth
- ♥ Be able to raise toes up to chest when lying on her back
- ♥ May be aware of strangers
- ♥ Stretch out arms to be picked up
- ♥ Premature infants may develop more slowly. Call if you have any questions or concerns.
- ♥ Contact your local school district for information on parent & baby class availability.

REMEMBER - Talk and read to your baby often.

Common health concerns

Nursing-Bottle Mouth:

If babies are given a bottle at naptime and/or bedtime, the sugar content in the liquid can cause tooth decay, even if they have no teeth now. Ways to avoid this include:

- Do not place the fruit juice, formula, or sugar drinks in bottle at naptime/bedtime (only use water).
- Do not allow baby to suck on breast for long periods of time at naptime/bedtime.
- Clean baby's mouth after each feeding with clean wash cloth or gauze pad.
- Only give non-aspirin - no baby aspirin.

Vomiting and Diarrhea:

Vomiting and/or diarrhea are common illnesses in infants. If babies have a lot of vomiting and/or diarrhea, they may lose too much body water and become dehydrated.

Signs of diarrhea include:

- Many more bowel movements (stools)
- Stools are very watery, often with a change in color and odor

Signs of dehydration:

- She does not have at least 4-6 wet diapers/day.
- Dry lips and mouth
- Very sleepy and/or fussy
- Flat or sunken soft spot
- Possible fever

Consult your health care professional regarding treatment of vomiting and/or diarrhea.

Safety Check

Remember to keep baby safe and baby-proof your home:

✓ Use an approved car safety seat every time your child rides in a vehicle. Your child needs to ride rear-facing until age 1 year **and** 20 pounds. Be sure to have the right car seat for the weight of your baby.

Never leave baby unattended in car.

✓ Never leave baby alone in a bath or near a pool of water no matter how shallow. Infants can drown in just a few inches of water.

✓ Use baby gates to block off stairways and keep her out of rooms where she might be injured.

✓ Remove harmful substances (e.g., cleaning fluids or objects from the cupboards that are within baby's reach, or apply child-guard devices on doors and drawers.

✓ Check home for dangling electrical cords and use plastic plugs on electrical outlets.

✓ Set crib mattress in lowest position so baby won't fall out. Keep sides up.

✓ Keep regional poison center number (1-800-222-1222) by the phone.

✓ Learn CPR.

✓ Learn which house plants are poisonous

✓ Use appropriate sun screen when your baby is outside (SPF 15 or greater)

Toxic Plants

The following plants are considered toxic. If any portion of the following plants is ingested, call the Hennepin Regional Poison Center immediately. 1-800-222-1222

Alder Buckthorn			
Amaryllis			
Anemone			
Angel's Trumpet Tree	Crown of Thorns	Lily of the Valley	Poison Nut
Arborvitae	Crown Vetch	Lobelia	Poison Oak
Azalea	Cyclamen	Loco Weed	Pokeweed
Baneberry	Daphne	Maiden Hair Tree	Poppy (except California)
Barberry	Delphinium	Marigold (Marsh Marigold only)	Primrose
Bird of Paradise	Dutchman's Pipe	Marijuana	Ranunculus
Bittersweet	Elderberry	May Apple	Rhododendron
Black Locust	English Ivy	Milkweed	Rosary Beans
Black Root	Eucalyptus	Mistletoe	Rosary Peas
Buckeye	Euonymus	Moonseed	Sand Begonia
Buckthorn	Fluffy Ruffles	Monkshood	Scindapus
Buttercups	Four O'Clock	Morning Glory	Snake Palm
Caladium	Fox Glove	Mountain Laurel	Snow on the Mountain
Calico Bush	Hawaiian Baby Wood Rose	Mushrooms	Solomon's Seal Star of Bethlehem
California Holly	Hedge Apples	Nightshade (all varieties)	String of Beads
California Ivy	Hogwort	Oleander	Stinkweed
Castor Bean	Holly	Paradise Plant	Sumac
Chinese Lantern	Hyacinth	Parsnip	Toadstools
Christmas Rose	Hydrangea	Partridge Breast	Tobacco
Clematis	Jack in the Pulpit	Peony	Trumpet Plant
Cotoneaster	Jequirity Bean	Periwinkle	Victoria Regia
Creeping Charlie	Jerusalem Cherry	Peyote	Vinca (all varieties)
Crocus (except spring blooming)	Jimson Weed	Poison Ash	Water Hemlock
	Jonquil	Poison Daisy	Wild Parsnip
Croton (except Codia eum sp)	Juniper	Poison Hemlock	Wisteria
	Lantana	Poison Ivy	Yew
	Larkspur	Poison Milkweed	
	Laurel		

Positive parenting

Now that your baby is starting to sit alone, the view of the world is full of many new things:

- ♥ Allow her to explore a safe environment. She is very curious.
- ♥ Continue to read to her.
- ♥ Talk and sing to her often.

tip

Let her play on floor with safe household items such as unbreakable pie pans, plastic mixing bowls, etc.

Feeding your child

If you have not already started, you can now feed your baby solid foods along with breastmilk or formula. See last newsletter for how to start solid foods.

- ♥ After baby has been eating cereal, vegetables and fruit, start meats. Avoid combination dinners. (Refer to feeding schedule on 4 month newsletter.)
- ♥ Remember to start 1 new food
- ♥ Avoid nuts, popcorn, hard uncooked vegetables, marshmallows, peanut butter, apple chunks, hard candy and hot dogs - they can make her choke.
- ♥ She does not need juice but if given use a cup not a bottle.
- ♥ Be sure foods are soft enough to swallow without chewing.

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.

Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.

We will be writing again before your baby is 9 months old. Please feel free to call Countryside Public Health with questions or concerns.

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215
320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241
320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN 56265
320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256
320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278
320-839-6135 or 1-866-277-5587

Health Tracks was adapted from Communities Caring
for Children MDH, NW District