



CHILDREN'S MEDICAL GROUP, P.A. FOUR TO SIX MONTHS CHILD CARE INFORMATION

Nutrition

Baby foods may be started between 4-6 months. The food groups we start are cereal, fruits, and vegetables in the classification of "First Foods". Meats are started after 6 months. It does not matter in which order the food groups are started. Add only one new food at a time. Wait a few days before starting another new food. Use a spoon. Do not use infant feeders. Let the baby's appetite determine the amount of solid food that he takes.

Breakfast: cereal, fruit, breast-milk or formula

Lunch: fruit, vegetable, breast-milk or formula

Supper: cereal and/or vegetable, fruit, breast-milk or formula

Breast-milk or formula may be given between meals.

Fruit-juices should be restricted to only four ounces a day so that juices do not take the place of breast-feeding, formula, or foods. If your infant does not take any juices, he will get sufficient vitamin C from the fruits at meal-time. Infant juices do not need to be diluted, but if using regular juices, it should be diluted by half with water.

Avoid soft drinks, coffee, and tea. Caffeine may cause irritability and restlessness.

Vitamins for breast-fed babies are generally started between 4-6 months if they have not been started earlier. Vitamins are included in all infant formulas.

Safety

To avoid injuries, use a car safety seat on every ride. The seat should be semi-reclined, backward-facing until your baby is two years of age or has exceeded the maximum recommended weight limit of your particular car safety seat.

The crib should have slats no more than 2 3/8 inches apart, a snug-fitting mattress, and no corner post extending beyond the rails.

Hot water heater should be set at 120° F or lower to avoid accidental scalding of the infant.

The Academy of Pediatrics recommends your infant sleep on his/her side or back. Your infant should sleep in an empty crib free of any items that might create a risk of suffocation and not in the parents' bed. These recommendations are to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Smoking increases your baby's risk of respiratory problems and ear infections.

Do not use the microwave to heat or warm your baby's bottle.

Do not feed your child honey or karo syrup for the first year of life. A type of botulism which can cause paralysis or death is associated with the two.

Smoke and carbon monoxide detectors should be installed.

Infant Walkers are highly discouraged by the American Academy of Pediatrics because of the large number of accidents associated with them.

Growth and Development

Infants roll-over between 4-6 months. They should hold their head up well, visually follow objects, grasp at objects, babble and vocalize.

Most babies will sleep the night through at approximately 4-6 months of age. They should sleep in a room separate from the parents.

Most infants will get their first tooth between 6 to 12 months of age, but may drool for months prior to obtaining teeth. Brush the teeth as soon as they appear. Use a gum/tooth cleanser made for infants.

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

Clean the ears with a washcloth, and clean the canal only as far as your finger can reach. Do not use Q-tips, hairpins, or any other objects because of the possibility of rupturing the eardrums.

Always feed the baby in your arms. Never prop a bottle when putting the baby down to sleep. Ear infections and choking may be associated with feeding while lying down.

If you suspect your infant may have fever, take a rectal temperature. Axillary (arm-pit) temperatures are very inaccurate. We consider a temperature of 100.4°F or greater, taken rectally, to be fever. Contact our clinic if your infant does have fever.

Return for a check-up at 6 months of age.