

# **Advanced Pediatrics of Rockland, P.C.**

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## **Anticipatory Guidance**

### **6 month old - Male**

Put your baby to sleep in the crib only - never put him to sleep in a bed, since he can fall off the bed and get a head injury. We still don't use blankets or stuffed animals in the crib, in order to prevent suffocation.

Don't leave him on a changing table, bed or sofa without holding him in order to prevent a fall.

Start multivitamins with fluoride. If you are nursing, you can stop vitamin D drops since the multivitamins contain vitamin D.

Use fragrance free, mineral sunblock for sun exposure.

Start childproofing the house: Ensure pills and poisons are not accessible. This includes all household cleaners which should be stored in a cabinet with child proof locks on it. Clean up small pieces and coins that he can choke on or ingest. Get rid of (or pad) coffee tables or other hard/pointy objects. Secure all TV's and dressers so that they cannot fall on your infant.

Start stage 2 solids twice a day. Continue the same volume formula or breast feeding. We don't start water until 9 months old. However, if it is a hot day and he is outside for a long period of time, you can give him a few ounces of water to make up for insensible water loss.