

Pediatric Associates
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6 MO WELL CHILD VISIT

DATE _____ WT _____ HT _____ HC _____

DIET

- continue to allow 3-5 days between each new food and advance diet as child seems interested
- get on feeding schedule of 3 meals and 3 snacks per day (bottle can be a snack)
- avoid use of bottle as a pacifier; this increases the risk of cavities
- no honey or shellfish until one year of age
- clean new teeth with washcloth and water; no need for toothpaste; teeth regularly erupt from 6mo to 2 yrs

DEVELOPMENT

- sits at 5-7mo, pulls to stand at 5-9mo; allow him/her plenty of opportunity to develop these skills
- increases in exploration of environment
- transfers objects from hand to hand; will begin to develop thumb and finger grasp so that smaller objects can be picked up; table foods help develop this skill
- laughs, squeals, imitates single syllables; talking to baby helps improve language acquisition; describe various things your looking at throughout the day
- may show some fear of strangers

GUIDANCE

- put baby to sleep awake
- may resist going to sleep because of separation anxiety; a consistent nighttime routine can help
- regular morning and afternoon naps are common

SAFETY

- use rear facing car seat
- put poison control # by your phone 1-800-222-1222**
- NO WALKERS
- use sunscreen SPF 15-30
- see attached sheets on tooth decay and insect repellent

How to Prevent Tooth Decay in Babies

Take the following steps to prevent tooth decay:



- **Take good care of your own oral health** even before your baby is born. It is important and OK to see a dentist for oral care while you are pregnant.
- **Whether you choose to breastfeed or bottle-feed, it is important to take good care of your baby's teeth.**
 - **Birth to 12 months:** Keep your baby's mouth clean by gently wiping the gums with a clean baby washcloth. Once you see the first teeth, gently brush using a soft baby toothbrush and a smear (*grain of rice*) of **fluoride toothpaste**.
 - **12 to 36 months:** Brush your child's teeth 2 times per day for 2 minutes. Use a smear of fluoride toothpaste until your child's third birthday. The best times to brush are after breakfast and before bed.
- **Never put your child to bed with a bottle or food.** This not only exposes your child's teeth to sugars but can also put your child at risk for ear infections and choking.
- **Do not use a bottle or sippy cup as a pacifier** or let your child walk around with or drink from one for long periods. If your child wants to have the bottle or sippy cup in between meals, fill it with only water.
- **Check to see if your water is fluoridated.** Your child will benefit from **drinking water with fluoride in it**. If your tap water comes from a well or another non-fluoridated source, your child's doctor or dentist may want to have a water sample tested for natural fluoride content. If your tap water does not have enough fluoride, your child's doctor or dentist may prescribe a fluoride supplement. He or she may also apply fluoride varnish to your child's teeth to protect them from decay.
- **Teach your child to drink from a regular cup as soon as possible**, preferably by 12 to 15 months of age. Drinking from a cup is less likely to cause liquid to collect around the teeth. Also, a cup cannot be taken to bed.
- **If your child must have a bottle or sippy cup for long periods, fill it with water only.** During car rides, offer only water if your child is thirsty.
- **Limit the amount of sweet or sticky foods your child eats**, such as candy, gummies, cookies, Fruit Roll-Ups, or cookies. Sugar is in foods like crackers and chips too. These foods are especially bad if your child snacks on them a lot. They should be eaten only at mealtime. Teach your child to use his tongue to clean food immediately off the teeth.
- **Serve juice only during meals or not at all.** The AAP does not recommend juice for babies younger than 6 months. If juice is given to babies between 6 to 12 months, it should be limited to 4 ounces per day and should be diluted with water (*half water, half juice*). For children 1 to 6 years, any juice served should be limited to 4 to 6 ounces per day.
- **Make an appointment to have your child see the dentist before the age of 1.** If you have concerns, the dentist can see your child sooner.

INSECT REPELLENTS FOR CHILDREN

| PRODUCT NAME | FORM | ACTIVE PRODUCT |
|----------------------------|-------------------------|-----------------|
| OFF Skintastic for kids | Pump spray | DEET 5% |
| OFF Skintastic Fresh Scent | Lotion | DEET 8% |
| Skeedaddle for Children | Lotion | DEET 6.5% |
| Repel Soft-Scented | Gel | DEET 7% |
| Natrapel | Lotion and Pump Spray | Citronella10% |
| Buzz Away | Towelett and Pump Spray | Citronella 5% |
| Bite Blocker | Lotion | Soybean Oil 2% |
| Repel Permanone Spray | Aerosol Spray | Permethrin 0.5% |

Combinations sunscreens and repellents are NOT a good idea because DEET can degrade the efficacy of the sunscreen and constant reapplying of the product for the sunscreen can increase the chance of DEET toxicity.