

6 month visit



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Diet:

Milk intake should continue to be 25-30 ounces. Usually babies are taking a few tablespoons of fruit, veg and cereal at this point. We can now move on to all sorts of foods. Meats, fish, all fruits, berries, tropical fruit, vegetables of any sort etc can be given. We restrict nuts and shellfish until at least a year of age. Egg yolk is fine, the white can be held off for a few more months, but this is optional. At this point it becomes convenient to give whatever the family is eating. Meals that are more liquidy and easy to puree like soups and stews are best. When preparing a meal for yourself- set some aside to puree for baby and freeze in ice cube trays. You can include salt, pepper, spices etc for baby- this is well tolerated at this age.

As time passes, babies can tolerate more texture. This is variable and some babies refuse smooth foods by 9 months or so, and will only eat foods with texture (table foods cut into small pieces). Other babies with more sensitive gag reflex can take only pureed foods until age two. DO NOT push texture on babies. You will create a feeding aversion if you push too hard which is a bigger problem. Advance slowly as tolerated.

Development:

Most babies are able to sit somewhat. Some sit very well on their own, and some will only sit for a moment is placed in a tripod position. We will assess this during the visit. Once babies sit well, they can transition to all fours and eventually learn to crawl between 6-9 months usually. They can reach, grab and transfer from one hand to the oth-

er. They are more alert, laughing and interacting more.

Exam:

On examination today, we are focussing on assessing head and core strength and sitting. Vaccines today- only one! the pediacel is repeated today. If they have already had 2 doses of prevnar and rotarix at 2 and 4 months, we do not need to repeat them today.

Sleep:

We do see sleep problems developing at this age.

Sleep pattern should be 2 naps a day and sleeping all night without waking. In the next few months, most babies transition to one nap by 9-10 months. Common sleep problems are due to too many naps during the day, or having baby fall asleep while feeding or being rocked to sleep. With this attention at bedtime, babies get separation anxiety when they go through a light stage in their sleep and they wake crying. Babies do not need to go to bed with a full tummy to sleep all night. Stuffing them with milk, 'dream feeding' etc is unnecessary and causes more problems. Ideally a baby should gently fall asleep on their own, without crying and without a lot of attention.

