



6

Kapa'a Pediatrics MONTH WELL CHILD CHECK

Drs. Jesse and Sarah Lam
Office: (808) 634-8011
After Hours Pediatrician
On Call: (808) 245-1831

New Milestones!!!

- Socially interactive with parents, recognizes familiar faces
- Babbles, starts to know own name
- Rolls over and sits with minimal support
- Stands and bounces with minimal support
- Gets on hands/knees in crawling position, rocks back and forth
- Putting things into mouth

Healthy Habits

- Never put baby to bed with bottle to prevent tooth decay and ear infections
- No smoking: call the Hawaii Tobacco Quitline for help 1-800-QUIT-NOW (1-800-784-8669)
- Keep baby out of direct sunlight, especially from the hours of 10am-4pm. Hats, loose fitting, long sleeve clothes are helpful if baby is in the direct sun

Nutrition and Growth

- Continue breastfeeding or bottle feeding on demand
- Formula fed infants usually drink 4-5 ounces every 3-4 hours
- Solid Foods! –See our infant diet handout online

When to Call the Doctor

- Diarrhea and/or vomiting
- Poor appetite
- Decreased number of wet diapers
- Sleepier or less active

Parenting

- Talk and sing to your baby as much as possible
- Practice sitting, standing, and getting up on all fours
- Read to your baby at least one time a day
- Play games with baby daily
- Continue regular daily routines, put baby to bed awake but drowsy

Safety

- **Home Checklist:**
 - Stairs blocked off with gates
 - Cleaning products locked away in cabinets
 - Small objects, magnets, batteries inaccessible
- **Car seats:** use rear facing car seat at all times, never put baby in front seat with passenger air bag
- **Walkers:** they can tip over easily leading to injury to baby, careful of stairs and rug edges
- **Prevent falls:** do not leave baby alone on sofa, bed or table
- **Prevent choking:** limit “finger foods” to soft bites, keep small objects away from baby
- **Prevent drowning:** never leave baby alone in tub or near water
- **Avoid burns:** set water heater to 120 degrees max

Teething

- The bottom two teeth are usually first, this usually happens around 6-9 months
- Remember, that teething does NOT cause fever, rash, runny nose, or cough
- Freeze a wet wash cloth for 1 hour to use as a chew toy
 - Try tying knots in it
 - Try soaking it in Chamomile Tea before freezing
- Frozen fruits in a mesh bag or cheese cloth is a great chew toy!

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6 MONTH WELL CHILD CHECK

Newborn Knowledge

First Cold!!! Although some babies will have had a common cold by now, many have not! Unfortunately around 6-9 months of age, your baby, who puts everything in their mouth, will start to play more with other children. Since kids love to pass germs around, this usually means that your baby will likely catch a cold in the near future. Keep the website handouts on "Fever" and "Upper Respiratory Infection" handy, and remember the following general tips:

1. Most common colds last for 5-10 days, with symptoms at their worst on days 4-6.
2. Fever often accompanies a common cold, but these three scenarios should have you calling for an appointment!
 - a. **Long Fevers:** starts at the beginning of the illness and last LONGER than 3 days
 - b. **Late Fevers:** occurs for the FIRST TIME after your child has been sick for a few days
 - c. **Returning Fevers:** goes away after 1-3 days but then RETURNS late in the illness
3. Worried about pneumonia??? Try not to focus only on the cough. Instead look at their overall respiratory EFFORT (Breathing fast and hard? Retractions? Grunting?) schedule an appointment ASAP for any respiratory distress.
4. Ear infections can commonly occur with a cold, especially if there is a lot of RUNNY NOSE and CONGESTION. They often occur AFTER 3-5 days of illness.
5. At this age there is no treatment for the common cold, which is caused by a virus.

Constipation??? When babies begin eating solid foods, they may get constipated. Sometimes starchy foods (cereal, potatoe, etc) or banana can contribute to hard stools. If this occurs, continue breastmilk/formula as before and change solid food diet to fruits/veggies only. When stools return to normal for a few days baby can resume eating a variety of foods.

At 8 months your baby's vision is almost 20/20, and they will have perfected seeing long distance!

Things to look forward to:

- ✓ Pulling to stand
- ✓ Cruising while holding onto objects/furniture
- ✓ Playing Peek-A-Boo
- ✓ Crawling
- ✓ Imitating Sounds
- ✓ Waving bye-bye

Don't forget to check out our Website!!
www.kapaapediatrics.com

Common pediatric illness, common medication dosing charts, vaccine information sheets and more!

