

All About Children Pediatric Partners, PC

Telephone (610) 372-9222

Fax: (610) 372-0232

Web site: www.aacpp.com

Four to Six Months Old

Name: _____ Date: _____ Height: _____ in. Weight: _____ lbs _____ oz Head: _____ cm

Immunizations given today: up to date (bring shot record to every visit), please:

Simply Saline (please get this brand in the can - it has *no preservative*, others do):

For congestion / stuffy nose / allergy symptoms up to 4 times daily

Acetaminophen: 0.8 ml every 4-6 hours for fever >101° F (38.5° C) or pain

DO NOT USE IBUPROFEN IN CHILDREN LESS THAN 6 MONTHS OLD

Fluoride: 0.5 ml daily if there is no fluoride in your water. Children need at least 16 ounces of fluoridated water daily.

Medicines prescribed:

Food:

- Breast milk or _____ formula 26 - 32 ounces per day, maximum 4-6 ounces per feeding, burp every 1/2 to 1 ounce
- Breasts will regulate the right amount of milk for your baby if your baby is breast fed.
- No juice until after 6 months old please
- **Water** 8 ounces / day - may offer from cup or bottle; children especially enjoy drinking from an "adult" plastic cup - offer only if infant is taking 32 ounces of formula
- **Cereal** - one half cup per day; After 6 months old, add fruit once a day and vegetables twice a day (1/2 cup=1 serving)
- **Pureed Meat plain or with vegetable or fruit** - one-half to one jar twice daily
- **After 6 months, allow to feed themselves with fingers** fruits, vegetables and cereals - it is the only thing that infants can do for themselves!
- For formula fed babies, offer water after baby takes 4-5 ounces of formula
- Always hold your infant for feeding. Never prop a bottle
- Read labels, avoid foods containing olestra (Olean), aspartame (Nutrasweet), nitrates/nitrites, MSG (monosodium glutamate), bisulfites, high fructose corn syrup, food colors (especially Red # 2 and TD&C Yellow #5 = tartrazine)

Suggested Minimum Daily Exercise for Parents

- Walk for at least one-half hour outside with your baby every day all at once as fast as you can -
- Goal: 2 miles or 24 blocks in 30-45 minutes. If the weather is bad, cover the baby appropriately and take a walk anyway!

Remember safety first - prevent accidents before they happen!

- Use seat belts, car seats, high chairs
- Keep car seats in the car or on the ground and keep a hand on little ones unless they are on the floor or in their cribs.
- If your baby is sleeping with you, keep them on their belly on top of your body, not laying beside you on the bed.
- Be careful of hot bath water when your baby is near

Read / talk / play with your baby every day for at least 15 minutes four or five times a day.

- No TV in bedroom and restrict TV, VCR, DVD (electronic media) use until your baby is 2 years old.

Be aware of indoor air quality

- Avoid smoke of any kind, incense, sprays, air freshener, things with strong smells, carpet cleaner, scented candles, potpourri
- Dust from wall to wall carpets (remember that new carpets release formaldehyde) can be a problem
- Animal dander, feathers, and dust mites can trigger allergies.

For emergencies 24 hours/day, 7 days/week: Call 610-372-9222 - follow the instructions on the message - listen carefully, for changes

Use our telephone hour (7:30 - 8:30 am-7 days/week)

- Whenever your address or phone number changes
- For advice before you change your health insurance
- If you need an appointment for an ill child for that day
- To discuss concerns/problems that are not an emergency

Don't forget our secure website at www.aacpp.com for

- Notifying us of changes in your child's address, phone number or other information
- Lots of information on helpful websites, resources, information about child development, disease management and parenting suggestions
- Referral requests, prior authorization requests, appointment requests
- Information about our staff
- Corresponding with us about matters which are not urgent
- Suggesting additions to our website