

6 Months, 18 Months

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

Date of Birth \_\_\_\_\_

**Lead Risk Assessment Questionnaire (administer ages 6, 9, 18 months, 3, 4, 5 years)**

	YES	NO	UNSURE
Does your child live in or regularly visit a house built before 1950? (this could include a day care center, home of a baby sitter, or a relative)			
Does your child live in or regularly visit a house built before 1978 with recent or ongoing renovations or remodeling (within the past 6 months)?			
Does your child have a sibling or playmate that has or did have lead poisoning?			

**TB Screening Questionnaire (administer at 2 months, 6 months, 12 months, 18 months, 24 months, then yearly)**

	YES	NO	UNSURE
Has your child been in close contact with a person with infectious Tuberculosis?			
Does your child have HIV infection or is considered at risk for HIV infection?			
Is your child foreign born (especially if born in Asia, Africa, or Latin America), a refugee, or an immigrant?			
Is your child in contact with the following individuals: HIV infected, homeless, nursing home residents, institutionalized or incarcerated adolescents or adults, illicit drug users, or migrant farm workers?			
Does your child have a depressed immune system, either because of disease or treatment for disease?			
Does your child live in an established "high risk for tuberculosis" community or area?			

# Bright Futures Parent Handout

## 6 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

### Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.

### Starting New Foods

- Introduce new foods one at a time.
  - Iron-fortified cereal
- Good sources of iron include
  - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
  - Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby's signs of fullness.
  - Leaning back
  - Turning away
- Do not force your baby to eat or finish foods.
  - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
- To prevent choking
  - Only give your baby very soft, small bites of finger foods.
  - Keep small objects and plastic bags away from your baby.

### How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

### Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

### Your Baby's Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.
- Put your baby to bed when she is sleepy but still awake.

### Crib/Playpen

- Lower the crib mattress all the way when your baby begins to stand.
- Use a crib with slats close together—2<sup>3</sup>/<sub>8</sub> inches apart or less.
- When your baby is in the crib, make sure the drop side is up.
- Don't use loose or soft bedding.
- Use a mesh playpen with weaves less than 1/4 inches apart.

### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
  - Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

### What to Expect at Your Baby's 9 Month Visit

#### We will talk about

- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org