



**DEAR MOM AND DAD,  
HERE'S WHAT I NEED...**

## WELL BABY VISITS AND VACCINES I NEED

I should have my growth and development checked at every well baby visit by a healthcare provider. I need to attend a 6 month well baby visit, unless otherwise recommended by my provider. Call my doctor in between well baby visits if you have any concerns about my health or development.



The influenza (or 'flu') vaccine is recommended for children over 6 months of age. I will need two vaccines the first time I am vaccinated for full protection during the flu season. The second vaccine should be 4 weeks after my first flu vaccine. Please talk to my healthcare provider or nurse with any questions you may have about vaccines.

I need to attend a 6 month well baby visit and receive the following vaccines:

- Hepatitis B
- Rotavirus
- Diphtheria, Tetanus, Pertussis
- Hib
- Pneumococcal
- Polio

### Free Immunization Resource

Call toll free 1-800-CDC-INFO or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



## INTRODUCTION OF SOLIDS

### Breakfast

- Breastmilk or 6-8 ounces of formula
- 2-4 tablespoons of dry infant iron-fortified cereal made with breastmilk or formula (should not feed rice cereal daily - alternate with oat and other types)

### Mid Morning

- 1-2 ounces breastmilk, water or formula in a cup

### Lunch

- Breastmilk or 6-8 ounces of formula
- 1-3 tablespoons of infant (single food) jar vegetables or homemade thin puree

### Dinner

- Breastmilk or 6-8 ounces of formula
- 2-4 tablespoons of dry infant iron-fortified cereal made with breastmilk or formula (should not feed rice cereal daily - alternate with oat and other types)
- 1-3 tablespoons of infant (single food) jar vegetables or homemade thin puree
- 1-3 tablespoons of infant (single food) jar fruit or homemade thin puree (after vegetables have been introduced)

### Bedtime

- Breastmilk or 6-8 ounces of formula

## HERE'S WHAT I NEED TO EAT

- Sit me upright in high chair to eat.
- I still like being held for breast and bottle feeding.
- Ask my doctor if I need iron and vitamin D supplementation while breastfeeding.
- I may be ready for a sippy cup. I can have 1-2 ounces of water, formula or breastmilk to learn how to use a cup.
- As soon as I have teeth, make my formula with fluoridated water, and put fluoridated water in my sippy cup. Ask my healthcare provider if I need a fluoride supplement if I have fluoride deficient water.

## HERE'S WHAT I NEED TO EAT (CONTINUED...)

- Start me on single grain cereal with a spoon.
- Then start feeding me single ingredient vegetables and fruits.
- Don't feed me directly from the baby food jar because any unfinished food will need to be thrown away.
- If I refuse a food, try again. It can take 10-20 times before the food is accepted.
- Be sure to leave 3-5 days between starting new foods in case I have food allergies.

## MY DEVELOPMENT

### Communication...

- I should make high-pitched squeals
- I may start to play around with vocal sounds - like grunting, growling, or other deep-toned sounds
- I may start to string different vowel sounds together: "eh, oh, ah"
- I may start to create consonant sounds such as *ma, ga, ka, ba, or da*
- If a loud noise occurs, I should look around to see where the sound came from



### Physical and Emotional Development...

- I may be able to roll over, from back to belly and belly to back.
- When I'm placed in a sitting position, I should be able to sit unsupported for at least 30 seconds. I may start to brace myself using straightened arms/hands at my sides to keep myself upright (to keep sitting, instead of tipping over).
- I should be interested in looking at my reflection in the mirror; smiling or cooing at myself, or reaching out to touch my reflection in the mirror.
- While laying on my back, I may grab my feet and bring my feet to my mouth.
- I will start to go after objects that are out of my reach; may try to get a toy that has been dropped.
- I may start to act differently towards unfamiliar people (stare or cry).