



# Wellness Visit

6 Month

fhm *Primary Care*

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## A reminder for all new parents...

Everyday will be different and that's ok!  
Whether this is your first baby or you've done this many times before, ALL new parents need support, reach out for help when you need it!  
If you have questions don't hesitate to call us.



### *Support & Self-Care*

#### CALL US

- For help if you feel sad, or overwhelmed for more than a few days
- If you do not feel safe at home

#### TAKE CARE OF YOURSELF

Take time for yourself for self-care and to recharge. Spend child-free time with your partner and friends.



### *Safety*

#### CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles  
Your baby should never be in a seat with a passenger air bag.

#### SMOKE-FREE

Keep your baby in smoke-free environments. Your car and home should be 100% smoke-free.

#### BATH TIME

Always test your baby's bath water and never leave your baby alone in a bath.

#### DIAPER & CLOTHES

Always keep one hand on baby when changing clothes or diapers. Keep hanging strings, cords, necklaces, and bracelets out of baby's reach.

#### SAFE SPACE

Babies are curious - Keep plastic bags, balloons, and small objects away from your baby. Put baby gates up on all stairs and spaces that are not safe for your baby. Be sure all cords are out of reach especially irons, and hot hair tools.

#### SAFE TOYS

Do not use a baby walker. Instead use a stationary baby jumper.



### *Caring for Baby*

#### ROUTINES

If you are returning to work know that it is normal to feel sad when dropping your baby off at childcare. Doing prep work the night before can alleviate some stress in the morning. But ultimately you want to find a routine and do what works best for you!

#### SAFE SLEEP

Put your baby to sleep on their back in a crib in your room that meets current safety standards. Find more info on [cpsc.gov](http://cpsc.gov)  
The crib should only have a fitted sheet and your baby no bumpers, toys or blankets.

#### FEEDING

Introduce new foods ONE at a time. Begin with soft purees or infant cereal. Do not force your baby to eat or finish foods. It may take 10 times before a baby likes a food. Avoid potential allergens to start such as nuts, shellfish and strawberries.  
Refer to our Baby Food Chart for more info.

#### PLAYTIME

Play games such as peekaboo or patty-cake. Offer colorful toys, mirrors, and floor gyms. Talk with your baby and read books together.



### *Health & Wellness*

#### HEALTHY TEETH

Your baby will start to cut teeth faster now. Use a soft cloth or infant tooth brush with water only to wipe each tooth after meals. Do not give a bottle in bed to avoid tooth decay.

#### GROWTH

Most babies have doubled their birth weight. Your baby's growth will start to slow down now.