

ALTAMONTE PEDIATRIC ASSOCIATES

Well Child Care at 6 Weeks

Feeding - Your baby still needs only breast milk or infant formula to grow healthy and strong. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age. At this age most babies take about 4 ounces of formula every 3 to 4 hours.

Always hold your baby during feeding time. Then your baby learns that you are there to meet his needs. This is an important and special time.

Development - Babies start to lift their heads briefly. They reach for things with their hands. They may try to roll on their side. They enjoy smiling faces and sometimes smile in return. Cooing sounds are in response to people speaking gentle, soothing words.

Sleep - Many babies wake up every 3 to 4 hours, while others sleep through the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he's drowsy but still awake. Never put your baby in bed with a bottle. Ask your health care provider for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

- **Safety Tips**

Never leave your child alone, except in a crib.

Avoid Suffocation and Choking

- Use a crib with slats not more than 2 and 3/8 inches apart.
- Place your baby in bed on his back.
- Use a mattress that fits the crib snugly.
- Keep plastic bags, balloons, and baby powder out of reach.

Prevent Fires, Burns, Scalds

- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120°F (50°C).
- Install smoke detectors.
- Keep a fire extinguisher in or near the kitchen.
- Don't smoke inside the house or near the baby.

Car Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use.
- Parents should always wear seat belts.

Avoid Falls

- Never step away when the baby is on a high place, even on a changing table.
- Keep the crib sides up.

Immunizations

At the 6-week visit, your baby will typically receive a:

- DTaP (diphtheria, tetanus acellular pertussis) shot
- Hib (Haemophilus influenza type B) shot
- PCV (pneumococcal conjugate vaccine) shot
- Rotavirus oral vaccine

Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given. Acetaminophen drops (1/2 dropper, or 0.4 ml, every 4 to 6 hours) maybe helpful over the next 24 hours as needed for fever and irritability. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's physician if:

- Your child has a rash or any reaction other than fever and mild irritability.
- You are concerned about the fever (rectal temperature > 100.4).

Next Visit - Your baby's next routine visit should be at the age of 3 months. At this time your child will get the next set of immunizations. Please bring the shot card each time your baby is due to get shots.

Adapted from material written by Robert Brayden, MD, Associate Professor of Pediatrics, University of Colorado School of Medicine.