

SAFETY: Smoke from cigarettes is not good for my growing lungs and body. If any family or friends need to smoke, they should smoke outside.

Prevent me from ever getting burned by not drinking hot coffee or tea when I am with you. Check my bath water temperature with your wrist before putting me in the bathtub. Continue using my car seat when I am riding in a car or taxi until I am 40 pounds.

IMMUNIZATIONS: I should be getting my 3rd DPT-HIB shot into my thigh and a Polio vaccination. Give me _____ dropperfull of fever-reducing medicine every 4-6 hours for the next 24-hour period. I may also need my 3rd Hepatitis B shot today.

Dear Mom and Dad,

I get scared now when I'm with people I don't know. I have learned to trust you because you feed me when I'm hungry and you hold me when I'm hurt. Don't get mad at me if I cry when you have someone else hold me. It will take time for me to trust them like I do you.

My next visit to the clinic should be:

I am
Six Months
Old

TEEN



TOT

CLINIC

Milwaukee Adolescent

Health Program

277-8900

Age _____

Weight _____

Height _____

Here's a list of things I am proud to say I can do:

- roll around
- scoot around on my tummy
- sit alone for a short time
- put my toes into my mouth
- turn to your voice when you talk to me
- squeal, coo, babble, and laugh
- cry when I am with people I don't know
- drop toys just to listen to the sound it makes and to watch you pick them up

FEEDING: You may begin feeding me cereal if you haven't started this yet (2 teaspoons 1-2 times per day). Feed me with a spoon to help me strengthen my mouth muscles.

If I have a high chair, begin using it for my meals at the same time my family has their meal. Try to keep mealtime peaceful and happy. It is not healthy for me or anyone to eat when people around me are arguing and yelling.

At 7 months of age, start vegetables like green beans, spinach, carrots, or peas. I will eat somewhere between 1-3 teaspoons of vegetables every day. Let me also try fruits, such as applesauce, pears, bananas, or peaches. Wait 3-4 days between each new food.

DENTAL: Wipe my gums/teeth off with a moist wash cloth to prevent tooth decay

STOOLING: My poop may look different because I have started eating different kinds and colors of foods. Talk to my health care provider if my stools are hard and ball-shaped.

SAFETY: Do not put me in a walker because they are dangerous and I could be badly hurt. I will be crawling soon so please make all rooms as safe as possible. Cover electric outlets, keep small objects, medications, cleaners, makeup, and plants out of my reach.