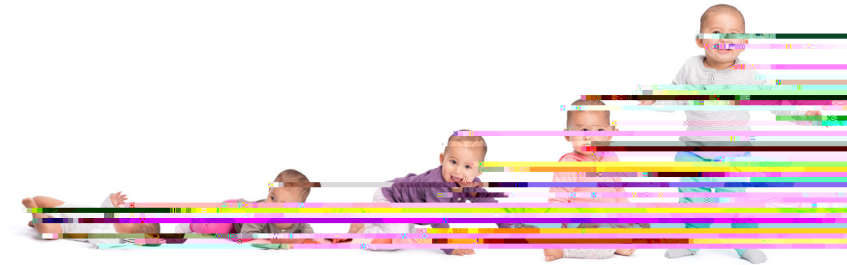


Cranky and Fussy?

- Teething may start now. Give a chilled teething ring, frozen washcloth, teething biscuit, or massage his gums with your clean finger. If nothing else helps, try a dose of Tylenol or Motrin.
Avoid numbing creams or over the counter herbal teething products as they can be overdosed easily.
- Things to try for a fussy baby: changing the diaper, rocking, singing, giving a pacifier, walking, swinging, bathing, whispering, riding in the stroller.
- If you become overwhelmed, put your baby in a safe place and take a break.
- Your baby may fuss a bit before falling asleep. Try to put them down while drowsy, so they learn to fall asleep by themselves. Limit naps to 2-3 hours and try to space out daytime feedings. Try to gradually phase out night feedings. Maintain a bedtime routine.
- Babies make noises sometimes during light sleep. Your baby may not actually be awake if they just whine or moan. Give them a few minutes to see how alert they are. Try to comfort them without picking them up.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org.



Six Month Visit



Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child.
 - Recommended immunizations:
 - DTaP (diphtheria, tetanus, whooping cough)
 - Hepatitis B
 - IPV (polio injection)
 - Hib (used to be the most common type of meningitis)
 - Prevnar (pneumococcal)
 - COVID
 - Influenza
 - Rotavirus (a stomach virus)
 - RSV antibody injection (seasonally)
 - Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
 - Vaccines 0
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