WELL-CHILD DIARY

SIX-MONTH CHECKLIST

Your baby is changing and growing at a rapid pace and Humana Military is here to help make sure you don't miss a thing! Things to keep in mind during your two-month well-child visit:

ASK YOUR DOCTOR:

About milestones

- · Knows familiar faces
- Likes to play with others, especially parents
- · Likes to look at self in a mirror
- Responds to sounds by making sounds
- Strings vowels together when babbling
- · Tries to get things that are out of reach
- Begins to pass things between hands
- Rolls over in both directions
- · Begins to sit without support
- When standing, supports weight on legs and might bounce

Questions

- How should I introduce new foods and what kinds should I try?
- What if he spits the food out?
- How much breast milk or formula versus solid foods should I be feeding my baby?
- How can I make sure he's getting the nutrients he needs?
- · How will I know about food allergies?
- What vaccinations can I expect my baby to receive?



