

WELL CHILD CARE AT 15 MONTHS

NUTRITION

- Offer healthy food at regular times with 3 meals and 2-3 small snacks.
- Your child should be learning to feed himself with fingers and possibly a spoon or baby fork.
- Give liquids in a cup, “sippy” cup or cup with straw to avoid problems with teeth and ear infections associated with continued bottle use.
- Serve whole cow’s milk or fortified milk alternative 16-24 oz/day.
- Limit 100% fruit juice to ½ cup daily.
- Do not give soda or other sweet drinks.

DEVELOPMENT

- Most children will be walking and starting to climb. They should be able to point, engage in pretend play and follow simple commands. Children at this age should understand more than they are able to speak.
- Read to your child daily, choosing books with interesting pictures and colors. Children who are read to learn more quickly. Talking to children helps to increase their vocabulary.
- Toddlers like to imitate what you are doing, like copying household chores.
- Toddlers are curious. Let them explore new things while you are nearby to keep them safe and protected.
- Age appropriate toys and play items include stuffed animals, toys for pounding, pots, pans, measuring cups, empty boxes and Nerf balls.
- Expect temper tantrums. Make sure your child is in a safe place and “ignore” the tantrum by not looking directly at him/her and not speaking to him/her or about him/her.

DENTAL

- Brush baby’s teeth twice daily.
- Avoid feedings during the night of juice or milk.
- This is a good age to begin weaning off the bottle and pacifier.

SAFETY

- **Avoid choking and suffocation.**
 - Keep plastic bags, balloons, and small objects out of reach.
 - Use unbreakable toys without sharp edges or small parts.
 - Cut food into small pieces.
 - Do not give foods that cause choking.
 - Round – hot dogs, grapes, popcorn
 - Pitted – cherries
 - Hard – candy, raw vegetables
 - Sticky – peanut butter, chewing gum
- **Prevent burns and fires**
 - Keep matches, lighters, hot foods and liquids, hot appliances and cords out of reach.
 - Don’t let your child play near the stove.
 - Use the back burners on the stove and keep pan handles out of reach.
 - Turn the water heater down to 120 degrees F.

- **Car Safety**
 - Never leave your child alone in the car.
 - Always use an approved toddler car seat as specified.
 - Keep your child in a rear facing car seat as long as possible.
 - Always wear your own seat belt.

- **Pedestrian Safety**
 - Hold onto your child when you are around traffic.
 - Provide a play area where balls and riding toys cannot roll into the street.

- **Prevent drowning**
 - Never leave an infant or toddler in a bathtub alone.
 - Continuously watch your child around water, including toilets and buckets.
 - Keep toilet seats down.
 - Never leave water in an unattended bucket and store buckets upside down.

- **Avoid falls**
 - Don't underestimate your child's climbing ability.
 - Avoid placing furniture near windows or on balconies.
 - Use window guards on windows above the first floor.
 - Make sure windows are closed or have screens that cannot be pushed out.
 - Use safety gates on stairs.

- **Prevent poisonings**
 - Keep all medicines, vitamins, cleaning fluids, etc. locked away.
 - Purchase all medicines in containers with safety caps.
 - Do not store poisons in drink bottles, glasses, or jars.
 - Keep the poison center number on all phones: **1-800-222-1222**

IMMUNIZATIONS

- Your child may receive some vaccinations at the visit.
- Your child may have some redness, swelling, or soreness at the injections site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for his/her dosage of acetaminophen.
- Call your doctor if your child has a fever for more than 36 hours.

NEXT ROUTINE VISIT-AGE 18 MONTHS

- Please bring the shot record to all check-up visits.