

YOUR TODDLER AT 15 MONTHS

FEEDINGS

Your child should be eating three balanced meals a day, but may still require nutritious snacks. Soft food may still be required since most children are still teething at this age. Hard airway size food should be avoided because of the possibility of choking. Although milk and dairy products continue to be a necessary part of your child's diet, do not worry if your toddler doesn't drink as much milk as in the past. Solid food, not milk, now becomes the major source of nutrition.

Your baby should be off the bottle at this age; the longer you wait to stop the bottle, the harder it will be on your baby. The main purpose of juices at this age is to help prevent constipation; while any may help, apple, pear and prune juice are the most effective at dealing with hard/infrequent stools.

DEVELOPMENT

At this age most children can walk, kick a ball, and take off some clothing. Although speech and language development is still limited at this age, most 15 month-olds can follow simple directions and communicate with simple words and actions. Make sure your baby is responding to sounds and voices; if you aren't sure, let the doctor know.

MEDICATIONS

Continue to use the dosing guidelines for acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) according to the child's weight.

SLEEP

Your child should be sleeping in his own bed and sleeping through the night. Bedtime should be enforced after familiar routine is complete. If your child is trying to climb out of the crib, he should be placed in a bed. Once the child is put to bed, he should not be allowed out of his bed. If your child continues to come out of his room, return him quietly without conversation, skip the hugging and kissing. Hold the door closed for a few minutes if necessary. Consistency will prevail.

DISCIPLINE

Parents frequently ask about how to discipline their 15 month old, and I always tell them you can not do it; the child at this age can not reliably remember from day-to-day what you are teaching him about right and wrong. The curiosity of the 15 month-old is a wonderful thing as he explores the world around him and you do not want to limit that desire to learn. So just distract this age (and they are very distractible), and as they grow we are able to teach them what is allowed and what is not allowed. Every month you will notice an increase in the child's understanding and memory.

RECOMMENDATIONS

- Always use car restraints
- know CPR
- Recheck your house for safety- the 15 month old can be a mobile destruction unit
- If your home is bilingual, start both languages NOW.....you can interchange the languages in a single conversation, but complete a sentence in one language before switching.
- Continue dental care

Have the number for **The Poison Information Center** available: **1-800-222-1222**

IMMUNIZATIONS

Today your toddler will receive the following immunizations:

- DTaP (Diphtheria, Tetanus, acellular Pertussis)
- HIB (Haemophilus Influenza B - a bacteria germ that causes meningitis)
- Hepatitis A (liver disease that is more common than Hepatitis B, but less severe)
- Flu (seasonal) - influenzae "flu" is recommended for all babies > 6mos and is given in the fall

PLEASE REVIEW THE IMMUNIZATION HANDOUTS FOR POSSIBLE SIDE EFFECTS OR REACTIONS

NEXT VISIT

The next visit is at 18 months of age. Please schedule this appointment today. If your child is current on immunizations, there will be no more immunizations until school!!

TODAY'S WEIGHT: _____

LENGTH: _____

H C : _____

SPECIAL INSTRUCTIONS: