

15 Month Visit

Name _____

Today's Date _____

Weight _____

Length _____

Head Circumference _____

% _____

% _____

% _____

FEEDING:

- Give your toddler 16-20 ounces of whole milk per day (too much milk can decrease appetite for solids and lead to iron deficiency anemia).
- Wean the bottle if not already done. Prolonged bottle-feeding is associated with tooth decay.
- Limit juice to 4-6 ounces a day and consider diluting it with water.
- Offer water between meals to satisfy thirst.
- Offer your toddler 3 meals a day and offer 2-3 nutritious snacks a day.
- Avoid foods that your toddler could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruit, chewing gum).
- Include your toddler in family meals and have your toddler sit at meal and snack time.
- Allow your toddler to use his or her fingers or a spoon to self feed (do not worry about table manners right now).
- Remember, children of this age often do not eat that much. Weight gain is

slower than the first year. Avoid struggles about how much and what your baby eats. If your toddler is not eating fruits or vegetables, talk to your health care provider about starting a vitamin.

ELIMINATION:

- Wait until your toddler is at least 2 years old to initiate toilet training.
- If your toddler shows interest in watching you use the toilet, you may want to get a child-size "potty" and allow your child to sit on it at will, with diapers on, to practice.

SLEEP:

- Maintain a regular bedtime routine. Reading to your toddler stimulates language development and can be an enjoyable part of this routine.
- Encourage a nap 1-2 times per day. Even if your toddler does not fall asleep, a quiet rest time is beneficial.
- Lower the crib mattress to avoid your toddler climbing out.

TYPICAL DEVELOPMENTAL MILESTONES:

- Understands simple commands, says 3-6 single words, communicates with gestures, points to 1-2 body parts on request.
- Understands function of common objects (comb, phone).
- Plays games with parents, tests parental limits or rules.
- Walks well, stacks 2 blocks, scribbles with crayons.

SAFETY:

- Continue to use a properly installed car seat. Your toddler should remain rear-facing in a convertible car seat until he or she reaches the highest weight or height allowed by the car seat manufacturer.
- Set the hot water heater temperature to a maximum of 120 degrees to prevent scald burns.
- When outdoors, apply sunscreen that is SPF 15 or higher and PABA free.
- Supervise your toddler constantly, especially when near water (pool, bathtub, uncovered toilet, bucket of water).
- Keep your toddler's environment smoke free.
- Keep medicines and cleaning supplies in locked cabinets.
- Never underestimate your toddler's ability to climb.

- Keep the Illinois Poison Control Center phone number readily available (1-800-222-1222).

FURTHER READING:

Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
Solve Your Child's Sleep Problems (Ferber)

DOSING OF ACETAMINOPHEN INFANT DROPS (80mg/0.8mL):

12-17 pounds = 0.8mL (1 dropper)
18-23 pounds = 1.2mL (1.5 dropper)
24-35 pounds = 1.6mL (2 droppers)

TODAY'S IMMUNIZATIONS:

- Pentacel #4 and Hepatitis A #1
- Influenza if fall/winter season (and not given previously this season)

WHAT'S NEXT?

- Next Check-Up is at 18 months.
- Your child will receive a physical exam. The influenza vaccine will also be given if it is fall/winter season (and not given previously this season).

SPECIAL INSTRUCTIONS:
