

15 Month Visit

Name _____ Today's Date _____

Weight _____ Length _____ Head Circumference _____

% _____ % _____ % _____

FEEDING:

- Wean your baby from the bottle if not already done. Prolonged bottle-feeding is associated with tooth decay.
- Give your toddler 16-20 oz. of whole milk per day (too much milk can decrease appetite for solids and lead to iron deficiency anemia).
- Limit juice intake to 4 oz per day and dilute it with water. Excessive juice intake can cause diaper rash, diarrhea, excessive weight gain, and decreased appetite for other nutritious foods. Instead, offer water between meals to satisfy thirst.
- Avoid foods that your baby could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruits, gum).
- Include your toddler in family meals and have your toddler sit for meal and snack times.
- Allow your toddler to use his/her fingers or a spoon to self feed (do not worry about table manners right now).

- Offer your toddler 3 meals and 2-3 nutritious snacks a day.
- Remember, children of this age often do not eat that much and weight gain is slower than in the first year. Avoid struggles about how much and what your baby eats. If he/she is not eating fruits or vegetables, talk to your pediatrician about starting vitamins.

SLEEP:

- Encourage 1-2 naps per day. Even if your baby does not fall asleep, a quiet rest time is beneficial.
- Maintain a regular bedtime routine. Reading to him/her can be an enjoyable part of this routine and stimulate language development.

ELIMINATION:

- If your toddler shows interest in watching you use the toilet, you may want to get a child-size "potty" and let him/her sit on it at will, with diapers on, to practice. But wait until 2 years to start toilet training.

DEVELOPMENTAL MILESTONES:

- Walks well, stacks 2 blocks, scribbles.
- Understands the function of common objects (comb, phone).
- Understands simple commands, points to 1-2 body parts on request, says 3-6 words, and communicates with gestures.
- Plays games with parents, tests parental limits or rules. Discipline with distraction, verbally stating the rules and brief time-outs (1 minute for each year of life). Be sure to give your child more attention for good behavior than for undesirable behavior.

SAFETY:

- Continue to use a properly installed car seat in the back seat of the car. Your child must at least 20 pounds before switching to a forward facing position.
- When outdoors, apply sunscreen frequently with a minimum of SPF 30 and PABA-free.
- Supervise your toddler constantly, especially when near water (pool, bathtub, bucket of water, uncovered toilet) and windows.
- Keep medicines and cleaning supplies locked up.
- Never underestimate your child's ability to climb.
- Keep the Poison Control Center phone number readily available: 1-800-222-1222 or (212)-POISONS (764-7667).

INFECTIONS:

- Expect about 6 upper respiratory infections or "colds" a year. These are caused by viruses and most will not need antibiotics.

DOSING:

Acetaminophen Infant Drops (160mg/5mL):

- 12-17 pounds = 2.5mL
- 18-23 pounds = 3.75mL
- 24-30 pounds = 5mL

Motrin Infant Drops (50mg/1.25mL):

- 12-17 pounds = 1.25mL (2/3 syringe)
- 18-23 pounds = 1.875mL (1 syringe)
- 24-30 pounds = 2.5mL (2/3 syringe twice)

TODAY'S VISIT:

Prevnar HiB Influenza (if flu season)

(Any vaccination your child is behind on.)

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever anytime within a few days after the shots which can be alleviated with Tylenol.)

WHAT'S NEXT?

- Next check-up is at 18 mos. where your baby will receive an exam, the DTaP vaccine, Hep A if it has been 6 months since the first one, and the influenza vaccine if it is flu season and wasn't given yet (which will need a booster in 1 month).
- Schedule vision and dental visits if not already done.