

**AGE: 15 MONTHS**

Date \_\_\_\_\_

**GROWTH:**

Weight:	lbs	oz	(	%)
Height:	inches		(	%)
Head Circumference:	inches		(	%)

**IMMUNIZATIONS:**

DTaP	Diphtheria, Tetanus, acellular Pertussis
Hib	Hemophilus B
PCV-13	Pneumococcal

**FEEDINGS:**

If your baby is still on the bottle—throw it away (the bottle, not the baby). Seriously, continued use of the bottle can cause baby bottle rot or bottle tooth decay and cause ear infections.

Baby's diet should consist of 3 solid meals per day, water and maximum of 3 cups of whole milk per day. You will notice that your toddler's tastes change rapidly, as well as the appearance and disappearance of their appetite. This "toddler pickiness" will come and go over the next few years. Continue to offer balanced meals to your toddler and avoid cooking a different meal for them as you do the rest of the family. After 2 years old your baby can change from whole milk to 2% or skim if you wish. Limit juice and sugary drinks to 2-3 ounces per day. Avoid soda pop, Kool-Aid and Candy. These are "empty" calories and fill your toddlers tummy so they won't eat.

**DEVELOPMENT:**

Most 15 month olds can walk, run, throw a ball, Kick a ball and get into everything!! At this age they usually say 5-10 words, smile, "sing," and laugh. They love to feed themselves.

## PLAY AND LEARN:

Stimulate language development through song, reading and talking. "Label" everything in your toddler's environment. Limit television viewing. Encourage self-comforting behavior.

## TIME OUT:

As your child enters the "toddler" age his/her behavior will reflect this. If your toddler bites, hits or kicks, firmly tell your child "no" and place them in a time out spot (playpen, crib or chair). Use the same spot every time. Do not allow your child to T.V. or play with toys or books while in time out. Your child should remain in time out for as many minutes as they are old (a 2 year old should be in time out for 2 minutes). Avoid spanking or yelling. For more information on discipline ask for our handouts on time out.

## SAFETY:

1. **Car Seat-** Continue using your car seat in the back seat. Never place your toddler in the front if you have air bags.
2. **Poisons-** Keep all cleaners and medications out of reach.
3. **Burns-** When cooking always place pot handlers turned in so your toddler can't reach them. Cook on the back burner. Use smoke alarms in your home. Set your hot water heater lower than 120 degrees.
4. **Choking-** Keep balloons and plastic bags away from your toddler. Make sure the toys you give your toddler are large enough so they cannot choke on them (if the toy fits inside a roll of toilet paper, your child could choke on it).
5. **Water Safety-** Watch your toddler around water at all times.

## WHAT'S NEXT?

Your child's next visit is at 18 months old for a well check and immunizations.