

**Palisades Pediatrics, LLP  
236 North Main Street  
New City, NY 10956  
(845) 708-0400**

**Fifteen (15) Months Old**

**Feedings:**

- 1) Three meals a day including table foods. Limit whole milk to 24 oz. per day.
- 2) Snacks should be limited and should be foods (non-sugar and unsalted) such as fresh fruit, yogurt, biscuits.
- 3) **DO NOT give foods SUCH AS NUTS, BACON, POPCORN, CHEWING GUM, CANDY, HOT DOGS, and RAISINS.**
- 4) Allow finger feeding and opportunities to use the spoon.

**Medications:**

Fluoride vitamins- one dropper by mouth every day if appropriate as prescribed by your Health Care Provider.

**Your Growing Baby:**

- 1) May normally have a decrease in appetite and intake of food some days.
- 2) May walk alone, stop and start, walk backwards, explore.
- 3) May crawl upstairs and may be able to walk downstairs holding on.
- 4) Scribbles spontaneously.
- 5) May point to one or more body parts on request.
- 6) Understands single commands- “No”, “Give Me”, “Come Here”.
- 7) Can say 3-6 words, uses gibberish, and gestures.
- 8) Slows down in weight gain.
- 9) Can stack two (2) blocks.
- 10) Sleeps a total of 10-15 hours per day with one or two naps.
- 11) Over the next few months your child will:
  - Show improved agility; walk faster and run
  - Explore by climbing up and down, crawling in and out, and dropping toys over and over.
  - Show fascination with balls, rolling and bouncing.
  - Kick a ball forward and throw it overhand.
  - Imitate housework and help in simple tasks.
  - Remove garments and help dress.

**Parent Tips:**

- 1) Phase out bottle use and encourage sippy cup use, **DO NOT** give a bottle to take to bed.
- 2) Discipline means teaching; give clear messages appropriate to your child’s understanding.
- 3) Praise your child for desired behavior. Avoid saying “no” too often.
- 4) Discontinue a pacifier by substituting a favorite toy.
- 5) Read or show picture books to your child to let your child handle books and turn pages.
- 6) Avoid screen time and **DO NOT** use it as a substitute for interaction with your child.
- 7) Encourage your child to say words and listen to and answer your child’s questions.
- 8) Provide toys for pushing, pulling, filling, emptying, opening, closing, and pounding.
- 9) Encourage imitative behaviors such as sweeping, cleaning, etc.
- 10) Not developmentally ready for toilet training until 18-24 months.

**Accident Prevention:**

- 1) One or two years are the more accident-prone stages of your child’s life. He/She will not understand danger or remember “**NO**” when exploring.
- 2) **USE AN APPROPRIATE SIZED CAR SEAT INSTALLED PROPERLY**, it is required by law!! Car Seat must face the rear until at least 24 months of age.

- 3) Use locked door or security gates at stairwells or entrances to dangerous areas and window guards above the first floor.
- 4) Guard against electrical injuries from cords and outlets and burns from hot liquids, hot stoves, space heaters, irons, and fireplaces. Hot water thermostat should be set at 120°F or less.
- 5) A safe place for your child while you are temporarily distracted is his/her playpen or high chair.
- 6) Never leave your child in, or near a swimming pool, bathtub, a bucket of water, or bathroom.
- 7) Keep medicines, household cleaners, and poisons out of reach, preferably stored in upper cabinets.  
**CALL the POISON CENTER at 1-800-222-1222 if accidental ingestion occurs**
- 8) Keep chairs away from places that would allow the toddler to climb to dangerous heights.
- 9) Have plastic bags and balloons out of your child's reach. Always supervise your child when playing with an inflated balloon. Avoid strings and cords which may cause strangulation.
- 10) Always use **PABA free sunscreen with SPF of 15** with any sun exposure.

**Immunizations:**

- 1) Your child is due for the following vaccines: DTaP #4, HIB #4 and Varicella #1
- 2) Give Infant Tylenol if child develops a fever or fussiness. Give the dose depending on their weight as advised by the Health Care Provider.
- 3) Use cool compresses if injection site is red or tender.
- 4) Your child may develop a rash or fever 1-2 weeks after vaccination

**Lab Work:**

If your Health Care Provider feels your child is at risk or has not been tested at a previous visit, a blood test may be ordered today to check for anemia and lead poisoning.

**Special Instructions:**

---

---

**Next Visit:**

At 18 months of age for well child check and immunizations, development and autism screening. Your child will also be screened for eye/vision problems.