

Great Destinations Pediatrics



AGE: 15 MONTHS

GROWTH

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

IMMUNIZATIONS

DTaP	Diphtheria, Tetanus, acellular Pertussis
Hib	Hemophilus B
PCV13	Pneumococcal

Please review the CDC (Center for Disease Control and Prevention) handouts that our staff has provided. These immunizations may cause pain and redness at the injection site as well as fever. These are normal reactions to the vaccines.

FEEDINGS

If your baby is still on the bottle—throw it away (the bottle, not the baby). Seriously, use of the bottle at this age can rot teeth, requiring them to be pulled.

Your baby's diet should consist of 3 solid meals per day, water, and a maximum of three 6 oz cups of whole milk per day. You will notice that your toddler's tastes change rapidly. They will also have "toddler pickiness," a normal waxing and waning of their appetite. Continue to offer balanced meals to your toddler. Remember, your job is to provide healthy food, theirs is to eat it (or not). Do not get into a control battle over food. They will eat when they are hungry. Avoid sugary drinks such as juice and Gatorade and sugary foods which all can lead to dental cavities and diabetes. Avoid artificial sweeteners such as Splenda, stevia, aspartame, or Nutrasweet. Artificial sweeteners kill your good "gut" or intestinal bacteria which we need for good health and immune system. Avoid red and yellow food dyes which can lead to behavior issues and ADHD-like behavior.

DEVELOPMENT

15 month old toddlers may walk, run, throw/kick a ball, and get into everything. At this age, they may say 3-6 words, smile, sing, and laugh. They love to feed themselves.

PLAY AND LEARN

Stimulate language development through songs, reading, and talking in adult language. Describe everything you see. Encourage self-comforting behavior. Children under 2 years old should have **no** TV, tablet, phone, computer, or electronic time. Babies under 2 years old exposed to video, TV and other forms of media have a higher chance of suffering from language, developmental and social delays.

DISCIPLINE

Consistency is the key. While it is impossible for you to achieve this all the time, the closer you get, the better. Changing rules teaches kids to test you in order to see if they remain in place. Mean what you say and say what you mean (i.e., think before saying no). For most issues, redirect.

For tantrums, no matter how severe (even with head banging) leave your child alone. They are looking for a reaction from you. By ignoring them, they will (eventually) find a different way to get what they want. For safety problems (hitting, biting, climbing), you can start using time-outs. Firmly tell your child “no” and place them in a time-out spot (playpen, crib, or corner).

Your child should remain in time-out for as many minutes as they are old. Do not allow your child to play with toys or books or to visualize the family while they are in time-out.

“Time ins” are just as important as time outs. Whenever you see your toddler doing something you appreciate such as throwing something away, helping you put their shoes on, or climbing into their car seat without fussing, tell them “great job,” “thanks for helping me,” etc.

One wonderful resource on discipline is the book, *Magic 1,2,3* by Phelan.

SAFETY

1. Car Seat- Continue using a car seat in the back seat. Never place your toddler in the front seat.
2. Poisons- Keep all cleaners and medications out of reach.
3. Burns- When cooking, always place pot handles 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. If you have a pool, make sure you have a pool fence surrounding the pool or a “Katchakid” net or pool cover.

WHAT'S NEXT?

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

Updated 7-4-22 kp

