

## 15 MONTH VISIT

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### Nutrition

- Give whole cow's milk 16-32oz per day
- Avoid juice and drinks or snacks with added sugars
- Do not use bottles – only use cups – Toddlers may drink with minimal spilling
- Avoid choking hazards such as whole grapes, peanuts, hotdogs, carrot sticks and candy
- Let them use a fork and spoon to feed themselves - most kids eat 3 meals a day and 1-2 small snacks
- Make sure your toddler sits at the table when eating and give healthy foods

### Sleep

- Most toddlers sleep around 10-12 hours at night, and take 1 nap (1-3 hours total)
- Establish regular routines and schedules for feeding and naps/bedtime
- If night waking occurs, practice brief reassurance and use a comfort object instead of feeding
- Try to read to your child every night

### Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a smear of fluoride containing toothpaste
- Do not use bottles and make sure you brush teeth before bedtime
- Start to wean from pacifier use
- Make a dental appointment if you haven't already

### Safety

- Your child should be in a car seat in the back seat, facing backwards until 2 years old and 20 pounds to prevent head and neck injury in the event of an accident
- Put choking and strangling hazards out of reach

- Lock chemicals, medications and firearms in a high cabinet; Separate unloaded firearms from ammunition
- Use gates and move furniture away from windows – bolt bookcases and TVs to the wall
- Poison Control # (1-800-222-1222)
- Keep hot liquids out of reach and set water temperature to max 120°F
- Always have an adult supervising when near water or swimming pools within arm's reach
- Use sunscreen (SPF > 30) & insect repellent (10-25% DEET) and sun protective clothing/hats

### Promoting Development

- Your child may climb on things now (even stairs), run and help clean up
- They can imitate scribbling and point to indicate needs and wants
- Your child can follow simple commands and learn body parts
- Speak in full sentences and teach new words – your child will jargon and imitate words and sentences as if speaking in another language
- Avoid screen time until 2 years old
- Stranger anxiety is common – practice reassurance and patience
- Temper tantrums are common at this age
- Praise good behavior and make sure your child is safe
- Provide distractions instead of stern discipline/corporal punishment – use time outs and be consistent

### Vaccines

- DTaP, Hib

**\*Next Visit: 18 months old for well child visit**