

Name \_\_\_\_\_

Date \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_ Head Circumference \_\_\_\_\_



## Well Child TIPS FOR TAKING CARE OF YOUR 15-MONTH-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

### SAFETY

- Your toddler enjoys exploring away from your side. Encourage his curiosity, but always keep him within your sight. In busy and crowded places, it may be easier to keep him safe by buckling him in his stroller or shopping cart.
- If your child has a toy box, make sure it has a lid that can stay open by itself. If it does not, the lid may fall on your child's fingers or even his head. Make sure the toy box has ventilation holes in case your toddler climbs in or choose a toy box that has no lid at all.
- If you have any questions about immunizations, be sure to discuss them with your child's healthcare provider. Following a regular immunization schedule is very important for your child's health.
- Going forward from year 2000 models, most cars will be equipped with an attachment mounting in the rear seat area for a tether strap, which is an adjustable strap attached to the upper back of a forward-facing child safety seat. When properly used, a top tether strap reduces risk of injury by limiting the movement of a child's head in a forward crash. Check with the manufacturers to see if previous model seats and cars can be fitted with top tether attachments.

### NUTRITION

- Toddlers need three meals a day and two or three planned snacks.
- Meals and snacks should be healthy foods you are comfortable with your child filling up on.
- Milk continues to be very important for a 15-month-old and should be given by cup.
- Keep the division of responsibility in place: Parents are responsible for what food is served, serving regular meals and planned snacks and keeping eating times pleasant. Children are responsible for what, how much and if they choose to eat what their parents have served.

- Children need to have a parent sitting down and eating with them.
- Children should always be sitting down for meals and snacks.

### DEVELOPMENT

- Between 15 and 18 months, toddlers can feed themselves with a spoon. They may make a mess, but it is important for them to learn.
- Your toddler may be able to scribble on a piece of paper with a large crayon.
- At this age, toddlers can grow attached to things, such as a blanket, stuffed animal or pacifier. These things comfort your child when you are not around. It is his way of showing you that he is growing up and trying to take care of himself.
- If you ask your toddler, "Where is your nose?" or "Where are your eyes?" he can probably point to them.



- Your toddler’s molars or back teeth may come in.
- Toys for toddlers should emphasize active skills such as balls, push-and-pull toys and wagons. Your toddler may be ready for simple puzzles with knobs, pounding toys, nesting cups, shape sorters and simple pop-up toys.

**PARENTING**

- As your toddler gets older, he needs less sleep. By 18 months, he may not need his morning nap.
- Toddlers cannot remember many rules, so keep unsafe things out of your child’s reach.
- Read to your toddler whenever you can.
- If you need to discipline your toddler, time-out for one minute is OK. When using time-out, you should:
  - Determine a safe location that is boring and free from distraction.
  - Use a timer.
  - In advance, let your child know you are going to use time-out. (Discuss the behavior that may send them to time-out, what time-out is and that you will use a timer.)
  - It is important to be consistent and follow through when time-out is indicated.
  - As a parent, it is important to stay calm.
  - Small children may need help to stay in time-out or may need to be removed from the activity that is inappropriate.

**NEXT VISIT** \_\_\_\_\_

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your baby safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at [www.choa.org](http://www.choa.org) for more information.

**SPECIAL INSTRUCTIONS** \_\_\_\_\_

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*NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.*

