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## Pierremont Pediatrics

[www.pierremontpediatrics.com](http://www.pierremontpediatrics.com)

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### 15 months old

#### General health

- At fifteen months your child should receive the recommended vaccinations including: DTaP and HIB vaccine. For more details please see the immunization section of our website [www.pierremontpediatrics.com](http://www.pierremontpediatrics.com).
- Dental health- brush your child's teeth after meals with a fluoride containing toothpaste approximately the size of a grain of rice.
- If your child consumes only bottled/filtered/well water, then you might need to supplement with fluoride. Please ask your child's doctor for further instruction.

#### Nutrition

- It is important to encourage a variety of different foods. You may need to try the same food multiple times before your child will eat it.
- Your child should have 1-2 8ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day.
- Try to eliminate all bottles by 15 months.
- Your child should be able to eat most table foods, but continue to AVOID hard foods that pose a choking hazard such as grapes, nuts, hot dogs, carrots, popcorn, and tough pieces of meat.
- Solid foods should still be cut into bite-sized pieces no larger than a dime.
- Your child should not have a bottle in bed, it can promote tooth decay and ear infections.

#### Elimination

- Your child should have 4-6 wet diapers a day.
- Stool pattern can vary greatly from several times a day to one every few days.
- Call if your child has not had a bowel movement in more than 48 hours, has hard stools, red or black stools or no wet diapers.

#### Sleep

- Your child should be able to sleep through the night.
- Your child may benefit from a consistent daytime nap schedule, usually 1 nap a day.
- It is important to put your child to bed sleepy but awake in order to encourage falling asleep independently. If this isn't done, it will become more difficult for the child to learn to fall asleep on their own as they get older.

#### Behavior

- Your child should be able to give, take and throw food and toys.
- Your child should have 4-6 words other than mama and dada and begin to point to body parts.
- Your child should be able to follow simple commands and point to pictures in a book.
- Your child should be able to walk alone, feed himself, scribble and stack at least 2 blocks.

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- The American Academy of Pediatrics recommends screen time limited to one hour per day. No “screen” use during meal times and limit “screen” use one hour before bedtime.
- In order to discipline your child it is important to set easily understood limits and to use time-out when necessary. We recommend one minute of time-out per year of age. Time-out must be done immediately after the negative behavior and all caregivers need to be consistent with discipline.

### **Injury Prevention**

- Children should remain in a rear facing car seat until at least two years old. Children are safest rear facing until they reach the maximum height and weight limits of the car seat.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently
- Do not allow your child to pull up on objects that could fall on top of the child.
- Keep sharp objects out of reach and move furniture with sharp corners or edges out of child's way.
- When bathing your child, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. Never leave child unattended in a bath or around water.
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.

### “Come Grow With Us!”

Today's Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_

Weight: \_\_\_\_lb \_\_\_\_oz ( \_\_\_\_%)

Height: \_\_\_\_inches ( \_\_\_\_%)

Head Circumference: \_\_\_\_inches ( \_\_\_\_%)

My next appointment: \_\_\_\_\_