



15-MONTH VISIT

NUTRITION

- Feed your toddler a complete variety of table foods and aim to keep him/her on an “adult-type” schedule (3 meals a day + 2-3 healthy snacks).
- Your 15-month old only needs 16-24 ounces of whole milk per day (3-4 servings of dairy a day).
- Your toddler should be drinking from a cup now. If your child is still on the bottle, it must be discontinued to avoid dental cavities.
- Allow experimentation and do not force eating. It is normal to see a decreased appetite, picky eaters or favorite foods at this age. Remember to make mealtime pleasant, teach good manners, and set a good example.
- Juice is not recommended. If given, dilute with water and limit to 4-6 ounces per day.
- Continue to avoid foods that can cause choking (nuts, hot dogs, whole grapes, popcorn, carrot sticks, raisins, whole beans, and hard candy).

DEVELOPMENT

Toddlers are very curious and want to be the boss. This is normal. If they are safe, this is a time to let your child explore new things. As long as you are there to protect your child, let him satisfy his curiosity. Stuffed animals, toys for pounding, pots, pans, measuring cups, empty boxes, and Nerf balls are some examples of toys your child may enjoy. Toddlers may want to imitate what you are doing. Sweeping, dusting, or washing play dishes can be fun for children.

SAFETY

- When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other spoons to measure medicine.
- Car seats should continue to be rear-facing in the backseat of the car until the toddler has reached two years of age or until they reach the maximum height and weight for their seat. Once they reach the maximum height or weight, they can transition to a forward-facing seat with a harness in the backseat of the car.
- Never leave your child alone in the car.
- Hold onto your child around traffic, by driveways and streets.
- Never leave an infant or toddler in a bathtub alone.
- Maintain a smoke-free environment at home and in the car.

- Make sure you have a working smoke detector and a CO2 monitor.
- Child-proof your home. Pay special attention to things toddlers may be able to climb on or up. Stabilize upright furniture.
- Make sure your toddler’s crib mattress is lowered so that he/she cannot easily climb out of the crib.
- Supervise very closely around animals, driveways, streets, and water.
- Protect your toddler’s skin with a children’s sunscreen (minimum 30 SPF) applied 30 minutes prior to exposure and reapplied as directed on the bottle.
- It’s OK to use an insect repellent with up to 30% DEET, but apply it sparingly.
- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Know your poison control number: **1.800.222.1222**

SLEEP

Maintain a daily sleep schedule and consistent bedtime and routine with your child. Make sure your child has a comfort object to go to sleep with and tuck him/her in drowsy but awake. A toddler requires 12-14 hours of sleep at night with 1-2 naps a day.

OTHER TIPS

- Digital media (TV, videos, video games, computers, tablets and smart phones) is not recommended for children under 18 - 24 months of age. However, parent assisted video-chatting (Skype, Facetime) with family and relatives may help foster social connections.
- Encourage self-care and self-quieting behavior.
- Brush your child’s teeth twice daily. Pediatric dentists recommend dental appointments and fluoride application starting at 12 months.
- Pacifiers should only be used for brief periods for comfort and calming. Begin to replace pacifiers with another comfort object such as blanket or stuffed animal.
- Use simple, clear phrases to give your child instructions.
- Reading to your child should be a part of every day. Children that have books read to them learn more quickly. Books do not have to be “read.” You can talk about the pictures and story. Choose books with interesting pictures and colors. Let your child turn the pages.

PARENTING

During this time of intense demands by your toddler, you may be fatigued or frustrated. Take some time for yourself and with your partner. Seek support from people you trust. This is especially important if your child has any special needs.

BEHAVIOR & DISCIPLINE

Toddlers start to have temper tantrums at about this age. Trying to reason with or punish your child may actually make the tantrum last longer. It is best to make sure your toddler is in a safe place and then ignore the tantrum. You can best ignore by not looking directly at your toddler and not speaking to/or about him or her to others when he/she can hear what you are saying. Other helpful ideas are:

- Whenever possible allow your child to choose between two options, both of which are acceptable to you (for example 2 books). This will decrease power struggles in other areas.
- Stranger anxiety and anxiety when separated from family is still common at this age.
- Never make fun of a child's fears. Do not force contact with people like Santa Claus or a clown. Speak in a reassuring voice.
- Some children are slow to warm up – they seem cautious and withdrawn. Others are outgoing and show this by being aggressive (hitting or biting).
- Use discipline to teach and protect, not punish.

Next Well Care Visit: 18 Months of Age (Please complete ASQ Developmental Screening and MCHAT Autism Screening prior to visit)

You may request the 18-Month Ages & Stages Developmental Questionnaire when scheduling your appointment. The MCHAT Autism Screening Questionnaire may be downloaded from the "Forms" page of our website under "Child Development."

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303.699.6200