

Date: _____
Height: _____ %
Weight: _____ %
Head: _____ %

Fifteen Month Visit
West End Pediatrics
westendpediatrics.com
804-740-6171

Nutrition

Feed your toddler three meals and two or three planned nutritious snacks a day. Continue to offer whole milk but limit maximum daily intake to 24 ounces. Limit juice intake to 4 ounces. Let your toddler experiment with a variety of foods from each food group by touching and mouthing them. Let your toddler decide what and how much to eat. His appetite will vary. He will eat a lot one time and not much the next. He may become “picky” but try not to limit the menu to food he likes. Try to include your toddler in family meals by providing a highchair or booster at table height. Resist offering food for emotional reasons such as comfort or reward.

Avoid giving your toddler foods that can be inhaled or cause choking. These foods include peanuts, popcorn, chips, nuts, whole hot dogs, carrot sticks, whole grapes, raisins, and hard candy, large pieces of raw vegetables or fruit, and tough meat.

Safety

It is now recommended that your infant and toddler continue to ride in a rear facing car seat until age 2. Be sure that it is installed properly. Never place your toddler’s safety seat in the front seat of a vehicle with a passenger air bag. The back seat is the safest place for children of any age to ride.

Continue to test the water temperature before bathing your toddler. Be sure that the hot water thermostat is set at below 120 degree. Supervise your toddler constantly whenever he is near water. Do not expect your siblings to supervise your toddler. Continue to empty buckets, tubs, or small pools immediately after use.

Limit time in the sun. Continue to put sunscreen (SPF 15 or Higher) on your toddler before she/he goes outside. Use a broad brimmed hat to shade their ears, nose, and lips.

Do not leave heavy objects or container of hot liquids on tables with tablecloths that your toddler might pull down. Turn pan handles towards the back of the stove. Keep your toddler away from hot stoves, fireplaces, irons, curling irons, and space heaters.

Continue to keep your toddler’s environment free of smoke. Keep your home and car nonsmoking zones.

Remove poisons and toxic household products from the home or keep them in locked cabinets. Have safety caps on all medication. Keep cigarettes, lighters, matches, and alcohol out of your toddler’s sight and reach. Keep the number of the **Poison Control Center 804-828-9123** near the telephone. Call the poison control center immediately if there is a poisoning emergency. Consult the poison control center always before giving syrup of ipecac.

Never underestimate the ability of your toddler to climb. Some children may climb out of the crib at this age. Be sure that the crib mattress is on the lowest rung.

Be sure that your toddler wears a helmet when riding in a seat on an adult’s bicycle. Wear a helmet yourself.

Discipline

By the 15 months your toddler will be demanding, assertive, and somewhat independent. She/he may try to do things without help. Your toddler will start having tantrums. It is normal for them to want to assert themselves. When you stop them, they will become frustrated. During tantrums, prevent your child from hurting themselves or others. Don't try to argue with them. Keep your voice calm. Don't reward the tantrum by giving in following the tantrum. If your toddler is not in danger of harming themselves, walk away until the tantrum is over. Develop a strategy to manage the temper tantrums that result from your toddler's need control his environment.

Give your toddler praise for good behavior and accomplishments. Use discipline as a means of teaching and protecting, not punishing. Set limits for your toddler by using distraction, gentle restraint, and separating your toddler from the object or stimulus, staying close to your toddler and maintaining structure and routines.

Sleeping

Continue to have a bedtime routine. Encourage your toddler to adopt a transitional object-such as a stuffed animal, blanket or favorite toy-so that he can console himself at bedtime or in new situations. During the second year, your toddler will probably take one nap. Usually by 18 months, most toddlers nap after lunch for 1 ½ to 2 hours. As your toddler gets closer to two, he may not nap every day. Many toddlers have some problems settling down for the night at one time or another.

General

Encourage your toddler's language development by reading and singing to them, and by talking about what you are seeing and doing together. Encourage your toddler's curiosity.

Continue to brush our toddler's teeth with a small, soft toothbrush and water only. Do not put your toddler to bed with a bottle or cup containing juice, milk or other sugary liquid. This will cause dental decay.

Delay toilet training until your toddler is ready. This usually occurs after 24 months but many may not be ready until close to 36 months. Delay toilet training until your toddler is dry for periods of about 2 hours, knows the difference between wet and dry, can pull their pants up and down, wants to learn, and can give a signal when he/she is about to have a bowel movement.