

FIFTEEN MONTHS

At fifteen months, your baby may:

- Eat with a spoon.
- Copy other people.
- Listen to a story.
- Like to pull or push toys.
- Say “no” as a way to feel independent.
- Point to things he wants.
- Mark paper with crayons.
- Walk well/climb.
- Say 3-10 words.
- Feed self, use cup.
- Point to body parts.
- Stack two blocks.
- Communicate wants and needs.



Things to do together:

- Hold and cuddle your toddler. Tell them you love them.
- Sing songs with hand movements.
- Name feelings: sad, scared, angry, happy, etc.
- Practice going up and down stairs, staying close by.
- Take short walks. Be careful near dogs, driveways, and streets.
- Let them touch a wet towel, a rough tree, and a soft blanket. Go outside to feel rain, snow, grass, and bricks. Name the feelings.
- Introduce them to other children.

What you can do:

- Use the same rules all the time.
- Use the right size car seat.
- Be honest – say what you mean.
- Respect when they say “no”.
- Cut hood strings out of clothes to prevent choking.
- Tell your toddler when you are happy with their behavior.

Anticipatory Guidance (Do's and Don'ts):

- Avoid dental decay. Clean teeth one to two times per day. Do not give juice or other sugary drinks in bottle and do not bring bottle to bed. Continue fluoride supplement if water not fluoridated.
- Use car safety restraint.
- Injury prevention:
 - Protect against falls (stairs, windows).
 - Poison proof home.
 - Avoid foods and small objects that can be aspirated by children.
 - Prevent burns and scalds.
 - Never leave child near water alone.
 - Plastic bags and balloons may result in suffocation.
- Encourage language development by reading books, singing and talking with child.
- Encourage play such as chasing, hide-and-seek, dancing, throwing and kicking a ball.
- Maintain regular bedtime routine. Children may nap once or twice a day. Favorite toy or blanket may be helpful at bedtime.
- Parents should work together to develop consistent approach to child rearing. Discipline means teaching. Set appropriate limits and give child clear messages. Reinforce limits by distracting or removing child from dangerous or conflictual situation, removing object from child.
- Positive reinforcement and praise for good behavior.

Common Concerns – Growing Independence

As your toddler grows, they will want to try lots of things for themselves. This is a necessary part of growing up. They are excited about the world. They want to find out all about it.

As a parent, your job is to make safe places for them to explore. Imagine how they feel – happy when things go their way, unhappy when they do not. Give them a chance to do things for themselves. Let them make mistakes. This is the way they will learn. You can offer to show them how to do it, or to help.

When you need them to do something, give yourself plenty of time. Toddlers go at their own pace.

There will be times when children cannot do what they want to do. These times might turn into temper tantrums. If your child has a tantrum:

- Try to be calm. If you are loud, angry, or hit your child, they will copy you.
- Make sure they are safe – that they will not hurt themselves or others.
- If you can, take your child with you to a different room, or go outside.
- Avoid arguing. It does not work.



Feeding:

- Whole milk and juices mostly by cup. Phase out bottle by 18 months.
- Limit milk to 16 to 24 oz. daily and juices to 4 oz daily.
- Mostly table foods now, often at three meals per day plus healthy snacks. Allow child to finger feed and use spoon.
- Appetite may vary. Children at this age typically do not eat much and usual weight gain is small.

At this visit, your baby received the following vaccines:

- 1) **DTaP:** immunizes against Diphtheria, Tetanus, and Pertussis. This is the fourth of 5 doses.
- 2) **HiB:** immunizes against Haemophilus Influenza B. This is the fourth of 4 doses.
- 3) **Prennar:** immunizes against Pneumococcal infections. This is the fourth of 4 doses.

The shots may cause some fever or fussiness for one or two days. If it does, use **TYLENOL DROPS** every four to six hours. Cool compress may be used if injection site is swollen or tender. A lump may occur at the injection site that will eventually go away.

Dose for Tylenol Infant Drops: _____ml or _____dropperfuls every four to six hours.

Next Visit: in 3 months (age 18 months)