

Well-child check up: 15 months

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your child's vaccine record with you.

Nutrition

Your child can now eat all table foods and drink whole cow's milk. Give foods that are healthy and can be chewed easily. Avoid foods that can cause choking, such as whole hot dogs, raw carrots, nuts, and popcorn. Cut grapes and hot dogs into small pieces, lengthwise **and** crosswise. Make sure your child is always sitting while eating.

Offer a spoon, and know that it will take a lot of practice to use it well.

Don't worry if your child doesn't eat everything. Certain foods will be liked more than others; this will change.

It's okay to offer 5 to 6 smaller meals a day.

Offer healthy snacks, such as soft fruit, yogurt, cheese, and crackers.

To prevent tooth decay **never** let your baby go to sleep with a bottle that has anything but plain water in it.

To keep your child's teeth and gums healthy, brush and floss them every day. No toothpaste is needed.

Elimination

Your child should have a soft stool every 1 to 3 days.

It is usually too soon to start toilet training. It is okay to have a potty chair. At this age, the chair is more to help your child get used to the idea of sitting on it.

Sleeping

Your child may be sleeping 10 to 12 hours at night and 1 to 3 hours in the afternoon. Keep bedtime routines consistent.

Growth and development

Children develop at their own rate. Your toddler may do some of the following:

- partially feed self.
- say 4 to 10 words besides "mama."
- stand alone and walk.
- stoop to pick up a toy.
- roll or toss a ball.
- drink from a cup without spilling too much.

First molars may be coming in and your child may have sore gums. Try offering cool teething rings or teething biscuits to chew on, or gently rubbing the sore gums.

Learning through play

Toys and activities provide stimulation and something to talk to baby about. Household items such as empty containers with lids and measuring cups can be used as toys, too.

Safety

- Use a car seat correctly, in the back seat, every time your child rides in the car.
- **Never leave your baby alone in the car**, even for a few minutes.
- Keep all household cleaners and medicines in high places or in a locked cabinet. Keep garage area safe, too.
- Keep the poison control number by the phone (1-800-222-1222).
- Lock doors or use gates leading to any dangerous part of your house.
- Use safety catches on drawers and cupboards and cover electric outlets with protective plastic covers.
- Use sunscreen (SPF 15 or higher) when your child is in the sun.
- Always keep crib rails up to the highest position, and crib mattress at lowest setting.
- Children in a bicycle carrier or riding behind you on your bike should wear a bike helmet.
- **Never leave your child alone near water**, including the bathtub.
- Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

Positive parenting

Your toddler may want to be independent one minute and a baby the next. Help your child develop by:

- allowing some choices. For example, ask, “Would you like to wear the green shirt or the red shirt?”
- set a few simple, clear rules and be consistent with them.
- try to ignore tantrums or hold your child gently but firmly to help him gain control.
- accept that your 15 month old is not yet ready to share.
- be ready to share lots of hugs and big, wet kisses.

See the booklet, *Positive Discipline*, available on our Website.

Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

Your child will be tested for lead as needed. Lead particles can be found in household dust and outside soil. To help prevent your child from swallowing lead, wash hands and face often, especially before eating or drinking.

When should I call the clinic?

- rectal temperature higher than 100.4° F.
- if you are worried about your child.
- trouble breathing – **call 911.**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Family Resource Center (health, parenting, and community resource library)

Minneapolis (612) 813-6816
St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org
(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

Community resources

2-1-1 Phone Helpline (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

Child safety seat inspections (free) (information about the nearest location) 1-866-SEAT-CHECK www.seatcheck.org

Early Childhood Family Education (classes about raising young children) Call your local school district.

Early Childhood Special Education (screening and services for children with developmental delay or disability) Call your county.

Minnesota Tobacco Helpline (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

Poison Control Center
toll-free number: 1-800-222-1222

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
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