

Well Child Care at 15 Months Old

Diet

- By now most toddlers should use a cup only. If your child is still using a bottle, it may cause tooth decay and ear infections.
- Your child should be trying to feed him/herself.
- Offer your child a variety of foods and snacks throughout the day, such as fruits, vegetables and cheese. Avoid small, hard foods such as nuts, grapes and hot dogs that may cause choking.
- To prevent choking you should never feed your child hard foods such as hot dogs, apples, grapes, or raw carrots. To find the nearest infant CPR class timings and locations call the Arlington chapter of the American Red Cross (703-527-3010 ext 736) or Virginia Hospital Center (705-558-2468). You may also sign up online at their website.
- Your toddler will not grow as fast in his/her second year of life. Trust your child's appetite.
- Avoid seafood and peanuts, which are more likely to cause allergic reactions, until 3 years old.
- Fruit juices are mostly sugar, and your child does not need them.

Development

- All babies develop differently. Some children will walk before their first birthday, and some children will walk after. Your child may begin to crawl up steps
- Your child may begin to scribble spontaneously.
- At this age, children may know three words, but they understand many more.
- Children may have temper tantrums. Use distractions like a new activity or toy to distract your child while remaining calm and not reinforcing the behavior.
- Play interactive games with your child that involves singing, naming and reading.
- Your child may begin to imitate what you are doing. Sweeping, dusting, or washing play dishes can be fun for your child.
- Your child may begin to show more affection through hugging and kissing.
- Fifteen month old children are very curious. Allow your child to explore safe environments.
- Establish a regular routine for bed, bath and meals with a regular caregiver.

Hygiene

- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or a washcloth.
- Brush your child's teeth with baby toothpaste every day.

Sleep

- If your child is not sleeping through the night, speak with your doctor.
- Some children may not want to be put in bed. Try using a favorite blanket or stuffed animal and develop a consistent bedtime routine.

Teething

- Some infants will be fussy for a few days before teeth erupt, but teething does not cause high fevers.
- Cold teething rings or cold, wet washcloths sometimes help to ease the pain.
- Before feeding, you may rub Ambesol, Orajel or Numsit directly on your child's gums. They usually provide infants about 15 minutes of relief. Tylenol can be used for pain on occasion as well.

Safety

- Every time you take your child in the car he/she must be properly restrained in a car seat. Never leave your child alone in the car. For more information, go to <http://www.aap.org/family/carseatguide.htm> or <http://www.nhtsa.gov/> (search for "car seat").
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- As your child becomes more mobile it is important to prevent falls. Never leave your child unattended and always put crib and play pen side rails up. Make sure windows are closed.
- Be sure to "baby-proof" your house especially as your child begins crawling and soon walking. Block off stairs, remove breakable objects, and pad sharp corners. Keep plants out of reach. Store medicines/vitamins, cleaning supplies and poison in a locked area out of reach. Cover electrical outlets and install safety latches on cabinets.
- Your child will explore with his/her mouth. Be sure to keep small objects such as coins and safety pins out of reach. Keep plastic bags and balloon out of your child's reach. Use unbreakable toys without sharp edges or small parts that can come loose. Keep cords and ropes away from the crib and child.
- If you have any guns, make sure they are locked up and out of reach. Store the ammunition separately from the gun.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency call 1-800-222-1222.

Immunizations

- Your child will receive his/her next set of immunizations today.
- Your child may develop redness and pain for up to 48 hours at the injection site. He/she may also develop a fever.
- You may give ibuprofen (Advil, Motrin) or acetaminophen (Tylenol); ask your doctor for the dose.
- Please call if your child has any unusual symptoms, such as allergic reactions, high fever, weakness, crying for 3 hours or if you have any concerns.

Next Visit: Your child's next routine visit will be at 18 months. There are scheduled vaccines at t