

# Edgewood Center Pediatrics, P.C.

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## Fifteen Month Exam

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz      Length \_\_\_\_\_ inches      Head Circumference \_\_\_\_\_ inches  
\_\_\_\_\_ percentile                      \_\_\_\_\_ percentile                      \_\_\_\_\_ percentile

### Feeding

Appetite may still be sporadic, eating only 1 out of 3 good meals per day. Offer 3 meals and 2 to 3 snacks per day. Your child should be on whole milk until they are 2 years of age. Bottles and pacifiers should be weaned if you have not already done so. Bottles in bed are especially harmful to teeth. Toddlers should use water and a children's toothpaste without fluoride until they learn not to swallow the toothpaste.

### Development

Enjoy playing, reading and singing with your child. At this time, most children are walking alone, using about 3 words, and can follow simple commands. Your child may be starting to become more independent. Guidelines for discipline include praise good behavior, consistency between both parents, and removing child from temptation.

### Safety

- 1) Use a car seat at all times. Children should still be riding in the back seat. If your child is over 20 lbs., he/she should be facing forward.
- 2) Beware of the danger of choking on foods such as chewing gum and large pieces of hot dogs, etc. Nuts and popcorn should not be given.
- 3) Never leave your child unattended near water including bathtubs.
- 4) Watch pots on stoves and hot cups of liquid they can cause very serious burns. A common burn for toddlers is from curling irons that have been unplugged but still hot.
- 5) Do not leave children unattended, many toddlers are climbing!

### Immunizations

- 1) DTaP #4
- 2) Prevnar #4

This completes the series of infant vaccines. Immunizations will be given at the 5 year visit.

### Next Visit

Next visit is in three months, when your baby is eighteen months of age.