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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) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs **and** 2 years of age should be rear facing, and never placed in the front seat.
- 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 (pneumococcal 13-valent vaccine – PCV13)

* Your child may receive other vaccines other than what is mentioned above based on previous vaccines given.

Next Visit

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