

# 15 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ (\_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ (\_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ (\_\_\_\_\_ %ile)



### Immunizations

- HiB (Haemophilus influenzae)
- Prevnar (Strep pneumoniae)

### Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

If needed, you can give your baby acetaminophen (Tylenol) or ibuprofen (Motrin/Advil). Contact your doctor if symptoms are severe or last longer than 48 hours.

You may feel as though the terrible twos are already here! Around this age, many children test limits, practice saying "no", and have temper tantrums. This is because your child is curious and feels more independent. When your child bangs a spoon on the table, she is learning different sounds. When she keeps throwing a cup and watching it fall, she is learning cause and effect. At this age, toddlers want to do things on their own. Your child may resist help in getting dressed or eating. She may get upset when she can't do something, or when you do not understand what she is trying to tell you. Be patient and know what to expect of your child - this will make things easier.

## Talking & Feeling

- Show your child how to use words; speak in adult language, not baby talk
  - Use words to describe your child's feelings
  - Describe your child's gestures and activities with words ("Wow, Jack is eating his apple")
  - Use simple, clear phrases to talk to your child
  - When reading, use simple words to talk about the pictures
  - Encourage him to repeat words
- Try to give choices. Allow your child to choose between 2 good options
- Your child may be anxious around new people; this is normal. Be sure to comfort your child

## Temper Tantrums & Discipline

- Use distraction to stop tantrums when you can
- Limit the need to say "No!" by making your home and yard safe for play
- Praise your child for behaving well
- Set limits and use discipline to teach and protect your child, not punish
- Be patient with messy eating and play. Your child is learning
- Let your child choose between 2 acceptable (to you) options for snacks, toys, drinks, or books

## NEXT VISIT

18 months of age

## A Good Night's Sleep

- Make the hour before bedtime loving and calm
- Have a simple bedtime routine that includes a book
- Put your child to bed at the same time every night. Early is better
- Try to tuck your child in when she is drowsy but still awake
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort

## Healthy Teeth

- Take your child for a first dental visit if you haven't do so
- Brush your child's teeth twice each day with a soft toothbrush and rice-sized grain of fluoridated toothpaste
- Wean from the bottle; give only water in a bottle

## Safety

- Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means they can quickly climb playground equipment, go up stairs, and explore electrical outlets and medicine cabinets
- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations, or at least until she is two years old
- Keep following safety guidelines when your child is close to water, near stairs, or on high surfaces. Kids can climb onto counters and tables quickly
- Cook on the back burners of your stove to reduce risk of burns
- Make sure that all chemicals, medications, cleaners, and other hazardous materials are out of your child's reach
- Be sure to watch your child closely when visiting friends and family who have not baby proofed their home
- Put a hat on your child and apply sunscreen with at least SPF 30 when she is outdoors
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [ndvh.org](http://ndvh.org)

### MOTRIN/ADVIL DOSE (IBUPROFEN)

#### Infants (50mg/1.25mL)

22-27 lbs      2.5mL

28-32 lbs      3.13mL

#### Childrens (100mg/5mL)

22-27 lbs      5mL

28-32 lbs      6.25mL

This age can be hard, especially if your child is strong-willed. It is normal to feel frustrated at times. Talk with your partner about how to handle these moments. Taking time for yourself helps. Share your feelings with friends or other parents.

### TYLENOL DOSE (ACETAMINOPHEN)

#### Infants & Childrens

18-23 lbs      3.75mL

24-29 lbs      5mL

### POISON CONTROL

1-800-222-1222

### CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)