

15 Month Well Child Visit

Weight _____(%)

Length _____(%)

Head Circumference _____(%)

What to Expect:

Immunizations: DTaP, Hib, and Pneumococcal vaccines, Influenza vaccine in fall/winter

Screenings/Labs: TB and Lead risk assessment

Feeding / Nutrition:

Your child should be demonstrating some independence and want to feed themselves either with a spoon or their hands (it will be messy!). Their diet will consist of what you are eating - a nutritionally balanced meal with lots of fresh fruits and vegetables, but still avoiding choking hazards. Sweets, junk food, soda and juice should not be given to your child. Try to include fruits and vegetables in snacks rather than just crackers/cereal products. They should be drinking whole milk, about 16 oz/day, unless otherwise directed. If still using a bottle, this is a good time to wean them off of it.

Brushing your child's teeth twice a day with a rice grain size of fluoride toothpaste should be a habit already developed at this age. Make sure your child is starting to see a dentist every 6 months.

Development:

- Your toddler should be walking alone, stoop and stand again; some are running and climbing
- Your child should be saying about 3-5 words but should be able to understand you well and follow simple commands. Keep reading to them daily and associate words with pictures
- They should be imitating activities, indicating wants by pointing, and be playing ball
- They should start to put items in a cup, scribble, start to use utensils, and stack 2 blocks
- Tantrums are normal at this age – distract and redirect your toddler, provide simple choices between 2 options, and develop a routine to help teach your child. Never hit your child

Safety Issues:

- Use gates to keep toddlers out of dangerous areas like the kitchen and stairs
- Avoid letting your toddler walk around while eating to avoid choking
- Watch them around furniture, stairs, parks, and water as they like to climb and are risk takers
- Set your hot water heater lower than 120F and never leave your toddler alone in the bathtub
- Continue to place them in a rear facing car seat in the back seat of your vehicle until 2 years old
- Use sunscreen with SPF 30-45 and made with zinc oxide or titanium dioxide on all sun exposed skin, use hats and protective clothing to avoid burns

Notes: