

## Well Child Check 15 Months

### Nutrition

- Continue to avoid small, hard food that he/she may choke on like peanuts or popcorn. Cut firm, round foods (hot dogs, raw carrots, grapes, etc) into thin slices.
- Your toddler should be offered 3 meals per day and 2-3 nutritious snacks. Offer a variety of foods from the different food groups. Use fresh fruit (cut into small pieces), applesauce, or cheese as snacks. You may begin to substitute whole milk (goal 16-24 oz per day) for breast milk or formula. If you have questions about alternative milks, please talk to your provider. Juice is not advised.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- Iron** is an important nutrient at this age for proper development and growth. Good sources of iron include beans (lentils, kidney beans, black beans, garbanzo beans), leafy green vegetables (spinach and swiss chard), broccoli, eggs and meats, especially grass-fed beef and the dark meat of free-range poultry. Using in combination with foods high in vitamin C will increase the body's ability to absorb iron.
- Continue to offer drinks in a **sippy cup or regular cup**. A recommended goal is to have your child weaned from the bottle to the cup by 15 months of age. Consider using **glass or stainless steel sippy cups** to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the liquid. Also let your toddler begin to use a small spoon at mealtime.
- Your toddler will likely eat less now than as an infant and will also have a slower rate of weight gain. Try to keep toddlers from "grazing". Let your toddler decide how much and what to eat of the nutritious variety of foods you offer. If your toddler asks for more, give more; if your toddler stops eating, accept that decision.
- There are benefits to some **omega-3 fatty acids** in the diet and here are the sources: fresh or frozen wild salmon, canned sockeye, sardines, black cod, herring, walnuts (or walnut butter), algae products, freshly ground flax and hemp seeds, pumpkin seeds, omega-3 enriched eggs. Alternatively you can consider starting an omega 3 supplement: Preventively, for children 1-4 years of age the dose is 300-500 mg of DHA/EPA per day. Nordic Naturals is a trusted omega 3 product.
- Consider **vitamin D3 supplementation** for its immune and bone building properties. Recommended dose at this age is at least 600 IU daily.
- Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be started to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.

### Development

#### 15 months:

- Gross Motor skills: sits without support; crawls; pulls self up; walks with or without support
- Fine Motor skills: may feed self with fingers or spoon; scribbles with crayons; stacks two blocks
- Cognitive skills: shows understanding of objects (pretends to use a toy phone, holds a comb near hair)
- Communication skills: says single words (5-15); uses unintelligible or meaningless words (jargon); communicates with gestures; points to 1-2 body parts on request; points to requested pictures in books; listens to stories being read; understands Simple commands
- Social skills: gives and takes toys; plays games with parents; communicates pleasure or displeasure; is interested in new experiences; tests parental limits or rules

### Medication

- FEVER = >100.4° F**
- No Aspirin** until 18 years.
- NO COUGH OR COLD MEDICINES.** If your toddler gets a cold, try humidified air and nasal saline drops with the bulb syringe. Please call our office if your toddler seems to be having difficulty breathing.
- Tylenol** (Acetaminophen) may be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours**. Tylenol dosing is based on weight; please see chart below for your child's dose. We recommend using Tylenol **as sparingly as possible**.

| Toddler's Weight | Infant Tylenol or Children's Suspension<br>(160mg/5ml) |
|------------------|--|
| 12-17 lbs        | 2.5 ml (80mg)  |
| 18-23 lbs        | 3.75 ml (120mg)  |
| 24-35 lbs        | 5 ml (160mg)   |

- Advil or Motrin** (Ibuprofen) may be given for fever, teething, or pain relief. Ibuprofen may be given as often as **every 6 hours**. Ibuprofen dosing is based on weight; please see chart below for your child's dose. Only for children >6 months. We recommend using Ibuprofen **as sparingly as possible**.

| Toddler's Weight | Ibuprofen Concentration<br>(50 mg/ 1.25 ml) | Ibuprofen Concentration<br>(100mg/5ml) |
|------------------|---|--|
| 12-17 lbs        | 1.25 ml (50mg)                              | 2.5 ml(50 mg)                          |
| 18 - 23 lbs.     | 1.875 ml (75mg)                             | 3.75 ml (75 mg)                        |
| 24 - 35 lbs.     | 3.75 ml (100mg)                             | 5 ml (100mg)                           |

## **Sleep**

- Bedtime should be at the same time every night. Establish a nightly routine with quiet time for your child prior to going to bed (ie reading, singing). Allow your child to soothe himself/herself to sleep in the crib. Letting your toddler sleep with a favorite toy or using a nightlight may be beneficial. Your toddler will still need at least one nap a day.

## **Routine toddler care**

- Your child may now have “stranger anxiety” and may need time to “warm up” to new people. Don’t force your child to confront people who scare him/her.
- Your toddler may only speak a few words but is able to understand many, many more! Talk, sing, and read with your child frequently. Encourage your child to repeat words and use words that describe feelings and emotions. Narrate your child’s gestures (“John is pointing at the ball. Do you want to play with the ball?”). Use simple, clear phrases to give your child instructions.
- Brush your toddler’s teeth with toothpaste and a small toothbrush twice a day. You may consider starting toothpaste with fluoride. If your child is still using a bottle, try to place only water in that bottle to help prevent cavities. The first dentist visit should be before age 2.

## **Discipline**

- Remember that the goal of discipline is to teach and protect your child, not to punish your child.
- Reward good behavior with frequent praise.
- Avoid spanking, shouting, or long explanations. Set limits and use distraction.
- Temper tantrums are common. Ignoring tantrums is one of the best ways to stop the behavior.
- Try to avoid battles by giving your child two appropriate choices that are both acceptable to you. For example, ask your child to choose between wearing the red sweater or the blue sweater.
- CONSISTENCY is extremely important. Discuss “house rules” with all family members and caregivers.

## **Car Seat**

- A car seat must be used every time your toddler is in the car. The rear facing position provides the best protection for your child’s head and neck in the event of a crash. For the best protection, your toddler should remain rear facing until at least age 2 and may continue to be rear facing until reaching the highest weight or height allowed for your car seat. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

## **Safety**

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Use appropriate barriers around space heaters, wood stoves, kerosene heaters, and fireplaces.
- Watch your toddler constantly whenever near water. A child may drown in even a few inches of water including bathtubs, wading pools, and toilets. Your child should always been within an arm’s reach of an adult when around water. Children should always wear an approved life jacket when on a boat or other watercraft.
- Keep furniture away from windows and install window guards on second- and higher-story windows to prevent your child from falling out of a window.
- Keep plastic bags, latex balloons, or small objects (ie marbles) away from your toddler.
- Make sure heavy items like TV’s and furniture are secure so that your child can’t pull them over. Keep sharp objects (knives, scissors, etc) out of reach of your toddler.
- Avoid exposing your child to the sun for prolonged period of time. Use sunscreen with minimum SPF 30. Keep your toddler covered and use sunscreen. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe child sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your child. Children who are exposed to smoke have more respiratory and ear infections.
- The best way to prevent injury or death from a firearm is to not have guns in the home. If it is necessary to have a gun in your home, store it unloaded and locked with the ammunition locked in a separate location.
- Hire an experienced babysitter who knows the basic care for infants as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Protect electrical outlets and cords. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

*If you have questions about vaccines or vaccine safety, please ask your provider.*

***Your infant’s next well check is at 18 months of age.***

