



A Member of
Valley Children's Medical Group
 www.fresnochildrens.com

Well Child Care, Fifteen Months

Name: _____ **Doctor:** _____ **Date:** _____
WT: _____ **HT:** _____ **HC:** _____ **Age:** _____

Recommended Well Child Visits and Immunizations:

	12 M	15 M	18 M	2 Y
**Pentacel: Diphtheria, Tetanus, Pertussis, Polio, H. Influenzae B		X		
Pneumococcal	X			
**MMR: Measles, Mumps, Rubella		X		
Varicella (Chicken Pox)	X			
Hepatitis A	X		X	

** combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website www.fresnochildrens.com in the Health Information tab.

NUTRITION

- A toddler will gain weight less rapidly and may eat only one “good” meal per day. It’s important to serve 4-5 nutritious meals throughout the day without pressuring your toddler to eat. Let your toddler decide what and how much to eat.
- The goal is to eliminate the bottle and pacifier by 12-15 months of age.
- Milk intake should be no more than 16 oz per day (given by cup).
- Avoid high sugar foods like cookies, candy, or Kool-Aid.
- Avoid giving foods that could be inhaled or cause choking.
- The maximum amount of juice each day is two ounces diluted with two ounces of water from age nine months to two years. Use a cup, not a bottle.

CARE OF OUR CHILD

- Fluoridated toothpaste is recommended for all children starting at tooth eruption.

SOCIAL DEVELOPMENT

- The toddler years can be challenging. The following are some suggestions that will encourage good behavior in your toddler:
 - Be sure to praise good behavior and accomplishments.
 - Develop ways to manage power struggles with your toddler by anticipating situations when a power struggle may occur and using distraction to avoid such situations.
 - Ensure that their physical needs are met. A toddler that is tired, hungry, sick, or over-stimulated is more likely to have a temper tantrum.
 - Use techniques such as time-out and redirection to teach your child about inappropriate behavior for example, biting or hitting.
- Limit television and video viewing to less than one hour per day of age-appropriate programs. Too much television can have negative effects on language development.

- Regardless of content, limit your child's electronic hand held devices time to one hour per day from the age of 18 months to five years.
- Encourage playtime with other children as a way of learning social behavior.
- Spend time reading to your child to foster their language development.
- Be sure to have one-on-one time with your toddler to strengthen the parent and child relationship and to strengthen your toddler's self-esteem.

DEVELOPMENT

- Has vocabulary of 3 to 10 words.
- Can point to one or more body parts.
- Understands simple commands.
- Walks well, stoops, climbs chairs.
- Feeds self with fingers.
- Listens to a story.
- Indicates what he wants by pulling, pointing, or grunting.

INJURY & ILLNESS PREVENTION

- **Car Safety**
 - For more car seat information visit www.safercar.gov
 - The back middle seat is the safest place for children.
 - Inside of car can heat up quickly in warm weather, do not leave your child in the car alone.
- **Sun Exposure**
 - Sun exposure during childhood can lead to skin cancer and premature skin aging. Avoid the sun from 10 AM to 4 PM, especially during summer season. If outside, stay in the shade and use a sunscreen approved for your child's age.
- **Burns**
 - Set the hot water heater thermostat below 120°F.
 - Do not carry your child and hot liquids at the same time.
 - Beware of hot liquid, grease, and hot food, your child can grab and spill.
- **Drowning**
 - Do not leave your child alone in a tub of water.
 - Empty buckets, tubs, or small pools immediately after use.
 - Have swimming pool fenced.
- **Falls**
 - Install gates at the top and bottom of any stairs in the home.
- **Poisoning / choking**
 - Poison help line is **1-800-222-1222**.
 - Install safety latch/locks to keep dangerous household products out of reach of your child.
 - Use safety caps on all medications and toxic household products.
 - Keep all products in their original containers.
 - Learn emergency procedure for choking and CPR.
 - Do not give your baby plastic bags or latex balloons to play with.
 - Install safety devices on drawers and cabinets.
 - Remove dangling telephone, electrical, blind, or drapery cords near your baby's crib and play areas.
 - Place plastic plugs in electrical sockets.
 - Second-hand smoke exposure of all sources; including vaping devices are linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

This and other information is on our website at www.fresnochildrens.com