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## Well Child Care, Fifteen Months

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_ HT: \_\_\_\_\_ HC: \_\_\_\_\_ Age: \_\_\_\_\_

### Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

### NUTRITION

- Toddler's weight gain decreases, so a toddler frequently eats a lot at one meal and very little at the next. It's important to serve nutritious food without pressuring him to eat. Let him decide what and how much to eat.
- Make mealtimes pleasant and companionable
- Wean off from bottle and / or pacifier
- Milk intake should be no more than 16 oz per day
- Avoid giving foods that could be inhaled or cause choking
- Do not offer food for emotional reasons (comfort, reward)
- 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.

### TODDLER CARE

- Wash your toddler's hands and your own frequently, especially after diaper changes and before eating
- Clean your toddler's toys with soap and water
- Limit television and video viewing to less than 1 hour per day
- Give fluoride supplements as recommended by your dentist
- Praise your toddler for good behavior and accomplishments
- Develop strategies to manage the power struggles that result from your toddler's need to control his environment
- Use discipline as a means of teaching and protecting, not punishing

- Anticipate that your toddler may touch his / her genitals

#### **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**

- Use a forward-facing car seat if your child weighs at least 20 pounds AND is one year old
- Never place your child's safety seat in the front seat of a vehicle
- The back seat is the safest place for children
- Supervise your toddler constantly whenever he is near water
- Do not expect young siblings to supervise your toddler
- Empty buckets, tubs, or small pools immediately after use
- Limit time spent in the sun, use sunscreen (SPF 15 or higher) before he goes outside
- Turn pan handles toward the back of the stove
- Remove dangling telephone, electrical, blind, or drapery cords near your baby's crib or play areas
- Remove poisons and toxic household products from the home or keep them in locked cabinets
- Place plastic plugs in electrical sockets
- Be sure that guns, if kept in the home, are unloaded and locked up and that ammunition is stored separately
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://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](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**