



# Bright Futures Parent Handout 15 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

COMMUNICATION AND SOCIAL DEVELOPMENT

## Talking and Feeling

- Show your child how to use words.
  - Use words to describe your child's feelings.
  - Describe your child's gestures with words.
  - Use simple, clear phrases to talk to your child.
  - When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

SLEEP ROUTINES AND ISSUES

## 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 in your child 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.

- Use saline rinse for congestion and colds. Generally need to on 10-14 days before other therapy.
- Start brushing gums with toothbrush or wash cloth twice daily.
- Fluoride if none in water.

SAFETY

## Safety Rear facing until 2 years of age.

- It is best to keep your child's car safety seat rear-facing until she reaches the seat's weight or height limit for rear-facing use. Do not switch your child to a forward-facing car safety seat until she is at least 1 year old and weighs at least 20 pounds.
- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child's rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.

TEMPER TANTRUMS AND DISCIPLINE

## Temper Tantrums and 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 good things for food, toys, drinks, or books.

HEALTHY TEETH

## Healthy Teeth

- Take your child for a first dental visit if you have not done so.
- Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water.
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

## What to Expect at Your Child's 18 Month Visit

### We will talk about

- Talking and reading with your child
- Playgroups
- Preparing your other children for a new baby
- Spending time with your family and partner
- Car and home safety
- Toilet training
- Setting limits and using time-outs

### Next visit 18 months (vaccines)

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org

Appointment Line and After Hours Provider:  
410-293-2273

Sign up for Relay Health to e-mail  
communicate with your provider at

www.RELAYHEALTH.com

Review your labs on TRICAREONLINE.COM



## American Academy of Pediatrics



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# Thumbs, Fingers, and Pacifiers



Does your baby suck his thumb or use a pacifier? Don't worry, these habits are very common and have a soothing and calming effect. All babies are born with the need to suck. Some infants even suck their thumbs before they are born, and some will do it soon after. Read on to learn more about thumb and finger sucking, and the use of pacifiers.

## Thumb and finger sucking

Most children suck their thumbs or fingers at some time in their early life. The only time it might be a concern is if it goes on past 6 to 8 years of age or affects the shape of your child's mouth or teeth.

## Pacifiers

If your baby wants to suck beyond what nursing or bottle-feeding provides, a pacifier will satisfy that need. Pacifiers will not harm your baby. In fact, there is some evidence that pacifiers may help reduce the risk of sudden infant death syndrome (SIDS). However, use the following tips when giving your baby a pacifier:

- If you are breastfeeding, wait until your baby is 1 month old before using a pacifier.
- Do not use a pacifier to replace or delay meals. Only offer it when you are sure your baby is not hungry.
- Do not force your baby to take the pacifier if she doesn't want it. It may be tempting to give it to your baby when it is easy for you. However, it is best to let your child decide when to use it.
- Never tie a pacifier to your child's crib or around your child's neck or hand. This is very dangerous and could cause serious injury or even death.

## How to help your child stop

As a first step in dealing with your child's sucking habits, ignore them! Most often, they will stop on their own. Harsh words, teasing, or punishment may upset your child and is not an effective way to get rid of habits. Instead, try the following:

- Praise and reward your child when he does not suck his thumb or use the pacifier. Star charts, daily rewards, and gentle reminders, especially during the day, are also very helpful.
- If your child uses sucking to relieve boredom, keep his hands busy or distract him with things he finds fun.
- If you see changes in the roof of your child's mouth (palate) or in the way the teeth are lining up, talk to your pediatrician or pediatric dentist. There are devices that can be put in the mouth that make it uncomfortable to suck on a finger or thumb.

No matter what method you try, be sure to explain them to your child. If they make your child afraid or tense, stop them at once.

## Shopping for a pacifier

When buying a pacifier, keep the following points in mind:

- Look for a 1-piece model that has a soft nipple (some models can break into 2 pieces).
- The shield should be at least 1½ inches across, so a baby cannot put the entire pacifier into her mouth. Also, the shield should be made of firm plastic with air holes.
- Make sure the pacifier is dishwasher-safe. Follow the instructions on the pacifier and either boil it or run it through the dishwasher before your baby uses it. Be sure to squeeze the water out of the nipple with clean hands, otherwise the hot water inside might burn your baby's mouth. Clean it this way frequently until your baby is 6 months old so that your child is not exposed to germs. After that you can just wash it with soap and rinse it in clear water.
- Pacifiers come in different sizes. You will also find a variety of nipple shapes, from squarish "orthodontic" versions to the standard bottle type. Try different kinds until you find the one your baby prefers.
- Buy some extras. Pacifiers have a way of getting lost or falling on the floor or street when you need them most.
- Do not use the nipple from a baby bottle as a pacifier. If the baby sucks hard, the nipple may pop out of the ring and choke her.
- Pacifiers fall apart over time. Some manufacturers have expiration dates for the pacifier. Do not keep pacifiers past that time. Inspect them every once in a while to see whether the rubber has changed color or has torn. If so, replace them.

The good news is that most children stop their sucking habits before they get very far in school. This is because of peer pressure. While your child might still use sucking as a way of going to sleep or calming down when upset, this is usually done in private and is not harmful. Putting too much pressure on your child to stop may cause more harm than good. Be assured your child will eventually stop the habit on his own.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

## From your doctor

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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### **Acetaminophen (Tylenol, Store Brand) Dosing Information**

**\*\*Give every 4-6 hours, as needed, no more than 5 times in 24 hours\*\***

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-15.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

### **Ibuprofen (Motrin, Advil, Store Brand) Dosing Information**

**\*\*Give every 8 hours, as needed, no more than 4 times in 24 hours\*\***

**\*\*NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE \*\***

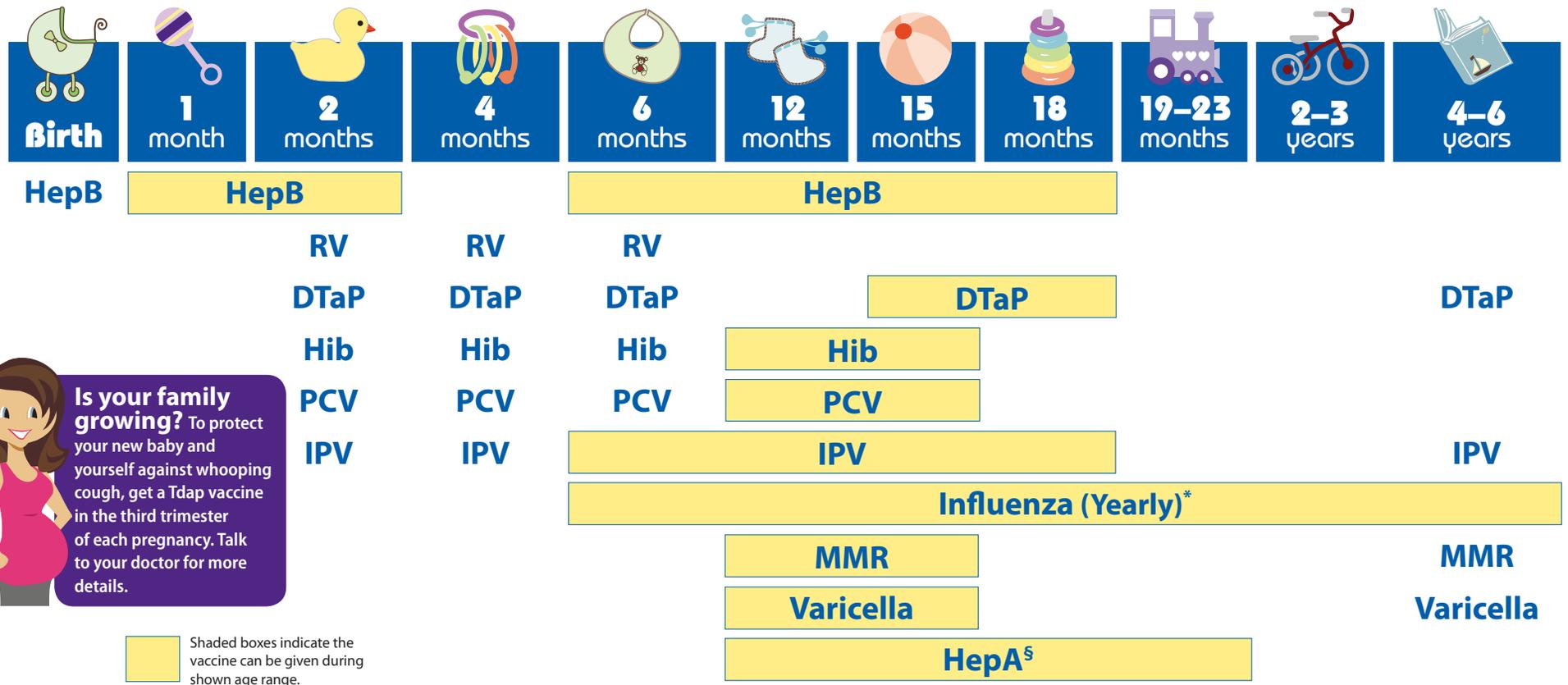
Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

### **Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information**

**\*\*Give every 6 hours as needed, no more than 4 times in 24 hours\*\***

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17.5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules

# 2014 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

**NOTE:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

**FOOTNOTES:** \* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.  
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

*If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.*

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.



For more information, call toll free  
**1-800-CDC-INFO** (1-800-232-4636)  
 or visit  
<http://www.cdc.gov/vaccines>



**U.S. Department of Health and Human Services**  
 Centers for Disease Control and Prevention



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