

Well Child Visit: 15 Months
General Pediatrics Department
U.S. Naval Hospital, Okinawa
Appointment Line 643-7304

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____ %) _____ pounds
Length: _____ cm (_____ %) _____ inches Head Circ: _____ cm (_____ %)

Please visit our web site: www.med.navy.mil/sites/nhoki/Patients/PrimaryCare/Pages/pediatric.aspx

Caring for your young child:

Dental Care: Brush your child's teeth twice a day with a soft toothbrush and water only. Continue to use a daily fluoride supplement. To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily. If your child still takes a bottle, switch to a cup. Make an appointment with the dentist for your child.

Stick to a bedtime routine: Create a consistent bedtime routine with a "wind down" time before bed. Give your child a bath, cuddle, read a book and put your child to sleep. Remember, no bottles in bed! Children at this age should sleep through the night. If your child wakes up at night and cries, check to see that your child is safe, and allow your child to put him or herself back to sleep.

Meal times: Offer three meals daily and healthy snacks in between. Have your child sit in a highchair while eating. Do not allow walking around, running or excitement during meal time. Encourage your child to feed him or herself with fingers or a spoon. If your child is a picky eater, keep serving sizes small, and continue to offer new foods.

Self-soothing behavior: Many normal young children will engage in thumb sucking, ear pulling, hair pulling, and head banging at this age. Thumb sucking will not harm your child's teeth at this age.

Smoking: Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS, asthma and respiratory infections. Second-hand smoke lingers on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your child. For your child's health, if you smoke, consider quitting.

Development and your young child: Over the next few weeks, you can expect your child to

- Stoop down and stand up after stooping; walk backwards
- Climb on, over and into everything; crawl up stairs and walk down stairs with help
- Say 5-10 words and point to 1-2 body parts
- Drink from a cup and pick up food (and any other small object) and put it into his/her mouth
- Turn pages of a book and name simple objects
- Enjoy removing hats, socks, shoes, pants and diapers- but can't put them back on without help
- Empty anything he or she can get to, including dresser drawers, trashcans, and laundry baskets- sometimes your child may put things back into containers, but not always
- Scribble with a crayon

Playtime:

- Great toys at this age are blocks to stack, cans, boxes, balls, and books with hard pages.
- Read to your child everyday. Point and name all the objects in a book. Your child will begin to mimic these words, and will recognize the pictures.
- Your child will enjoy chase-me, catch-me and find-me games.
- Your child will enjoy copying and mimicking your activities- cleaning, driving, and talking on the phone
- Television is not a good babysitter. Do your young child a favor, and turn off the television, except for special programs. When your child does watch television, talk about what he or she is watching.

Safety:

1. **Falls and injuries:** As your child becomes mobile, falls become more common. Use secure gates at the top and bottom of stairways. Use guards on windows. Use safety latches on cabinets and drawers. Keep sharp objects in a secure place. Keep a constant close eye on your child.

2. **Choking:** Avoid toys with small parts that can fall out/off or be removed. Avoid small hard foods like peanuts, popcorn, whole grapes or hotdogs. Keep balloons, coins, plastic bags, and medications out of the reach of your small child. Your child will place any and all things in their mouth. Keep window blinds and curtain cords out of reach- these can strangle young children.
3. **Burns:** Your water heater should not heat water above 120°F (49°C). Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Place your child in a highchair, crib or playpen when cooking. Do not leave a hot iron accessible with a dangling cord.
4. **Car accidents:** Your child should always ride in a properly-installed car seat, even on short trips. The safest place for the car seat is in the center of the back seat. Once your child has reached one year and 20 pounds, the car seat can face forward. Never leave your child alone in the car, not even for “just a second.”
5. **Sun:** Keep your child in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
6. **Drowning:** Never leave your child alone, or in the care of another small child, *in or near* a bathtub, bucket of water, or swimming pool. Learn CPR.
7. **Poisoning:** Many things can poison children. Watch out for garden and house plants, hair products and cosmetics, and gasoline, insecticides, and cleaning products.

This is a challenging time for many parents! :

- Your child will explore everything, and needs to explore in order to learn. Your child does not know that this exploring can be dangerous or cause accidents. Talk to your doctor about creating safe home for your child to explore. Anticipate that you or a caregiver will ***need to keep a close eye on your child at all times.***
- Set reasonable limits for the safety of your child. You can use a verbal “no,” distract, or remove objects from your child’s sight. Never use physical punishment.
- Use serious punishment only for misbehavior where real danger exists. Avoid slapping hands or spanking. Use a 1-2 minute time out, choosing a location that is dull, but safe and non-frightening.
- ***Be consistent!*** All caregivers should discuss and agree on what is acceptable and unacceptable behavior.
- Young children have short memories and may repeat a behavior several times before they learn.
- Praise good behavior, such as “I like it when you help me pick up your toys.” Don’t give rewards after tantrums.
- Remember to take time for yourself.

Illness concerns:

- **Fever:** Fever is a common reason for bringing young children to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your child Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your young child should be brought to the ER if he/she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, vomits anything green or bloody, is working hard to breathe, is dehydrated or has less than one wet diaper every 6-8 hours, or for other parental concerns.
- **If you are not sure if your child needs to be seen in the ER after clinic hours, call the Okinawa Clinical Answering Service line (643-4245) for emergency advice from a health care professional.**

Your child’s Tylenol dose is _____ mg or _____ ml of children’s Tylenol (160 mg/5 ml) every 4-6 hours
 Your child’s Motrin dose is _____ mg or _____ ml of Children’s Motrin (100 mg/5 ml) every 6-8 hours

Immunizations

Your child will receive the Dtap booster vaccine today. Your child may also need the Hepatitis A vaccine if not received at the 12 month visit. A PPD will also be placed at this visit. The Influenza vaccine is recommended for all children over six months of age during Flu season.

Next Visit

Bring your baby in at 18 months of age for an exam and vaccinations. Always bring your child’s immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.