

15 MONTH VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 15 months? By this time most babies should:

- *point to one or two body parts.
- *indicate to you what they want.
- *drink only from a cup, but may need help holding it.
- *speak 3-6 words other than "mama" and "dada."
- *understand simple commands.
- *find an object placed out of site.
- *recognize themselves in a mirror.

Looking ahead to 18 months, most babies should:

- *walk well and kick a ball.
- *stack two blocks.
- *help around the house.
- *scribble with a crayon.
- *have a 4 to 6 word vocabulary.
- *feed themselves and drink from a cup.



Anticipatory Guidance

Diet/Feeding:

- *It is now OK to give your toddler whole milk. Limit the milk to 16 ounces or less per day. Limit fruit juices, as they are loaded with calories. Many babies are perfectly happy drinking cool water.
- *If the bottle has not yet been eliminated, phase it out. After one year, the bottle is more of a comfort item and can cause damage to your baby's teeth.
- *Avoid foods that are choking hazards, such as nuts, grapes, popcorn, carrot sticks, hot dogs, sausages, raisins, corn, tough pieces of meat, large pieces of raw vegetables, and hard candy.
- *Always supervise your child while she is eating.
- *Soft table foods and finger foods are appropriate at this age.
- *Picky eating and decreased appetite are normal as growth slows. Do not force your baby to eat. Your baby will determine the amount of food she needs. Some days she may eat lots, some days little.
- *Share meals as a family. Make mealtimes pleasant and encourage your baby to do most of the feeding, even though she will be clumsy with the spoon and cup. Try not to focus on table manners at this age. Your baby will use fingers and maybe start using a spoon. This will be messy!

Sleep:

- *Maintain your child's bedtime routine - encourage her to console herself by putting her to sleep awake.
- *Bedtime problems can occur at this age because of the toddler's desire for independence. Try to be consistent and follow routines.

Dental:

- *If your baby has teeth, brush them regularly.
- *Discontinue pacifier use.
- *For teething, cool (not frozen) teething toys, Tylenol, or topical anesthetics can be helpful.

Parenting:

- *Continue established routines. Babies are generally more relaxed when meal times and sleeping times are consistent. Bedtime is especially important, which includes a consistent routine getting ready for bed, and putting your baby to bed awake. By now your baby should sleep through the night.
- *Positive reinforcement should be encouraged for acceptable behavior. Praise your child's good behavior and build up her self-esteem and self-confidence.
- *It is important to teach your baby the word "no." Saying "no" in a stern voice with good eye contact is almost always effective in this age group. Some parents have a fear of the word "no." They do not want their child to feel restricted, so they bend the other way and let their youngster run wild without any limits. A child needs guidance for his own protection and to learn that others have rights. "No" at the appropriate time is as important for the child's development as is nutrition and love.
- * If you become angry with your baby, put the child in their crib or playpen for one or two minutes of "time out." This will allow you to calm down and allows your baby to realize he has done something wrong. During the time out your child should not be able to see you or any other family member.
- *Consistency of discipline is very important - adhering to the limits you set keeps your child safe.
- *Remember that aggressive behaviors such as hitting and biting are common at this age. How parents respond to this behavior determines if it will continue.
- *Reading to your baby is important. Talk with your baby frequently and describe things you are doing.
- *It is best to keep rules to a minimum at this age. Remove things when possible rather than make issues of them. Long speeches of explanation or arguments with a 15 month old are useless.

Safety:

- *Always empty buckets, tubs, or small pools immediately after use. Ensure swimming pools have a four-sided fence with a self-closing/latching gate. Swimming pools are deadly to children this age.
- *Avoid overexposure to the sun and use a waterproof sunscreen outdoors (at least SPF 15).
- *Keep your toddler away from moving machinery, lawn mowers, garage doors, driveways, and streets.
- *Safety-proof your house. Keep all poisons and weapons locked up. There is no such thing as a "child proof" cap. Install gates at the top and bottom of stairs, and place safety devices on windows.
- ***California Poison Control Center: 1(800)876-4766.**
- *Learn first aid and infant CPR.
- *Lock cupboards that contain cleansers, detergents, bleaches, furniture polishes, etc.
- *Do not leave heavy containers, or containers with hot liquids, on tables with tablecloths that your baby may be able to pull down.
- *Continue to keep your baby's environment smoke-free.

Next Well Baby Visit:

When your baby is **18 months to 2 years old**, as directed.



Department of Pediatrics
Naval Medical Center San Diego

34520 Bob Wilson Drive Suite 100
San Diego, CA 92134-2100
Prime Appointment Line: (619) 532-8225
Prime At Night: (800) 453-0491
Fax: (619) 532-7721