

## YOUR 15 MONTH OLD

Name: \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Head Circumference: \_\_\_\_\_

### Feeding:

Encourage the use of a cup at this age; ideally, your child should be off the bottle by now. Children of this age do not eat as much as usual; weight gain and growth are slow. Do not worry about "picky" eating. Allow your child to feed himself with his fingers or a spoon three meals a day. Do not focus on table manners or the mess made at this point - let him first develop the skill of feeding himself. Plan to feed something every 2-3 hours. If you let him get too hungry, he'll get cranky and may refuse to eat. Offer nutritious snacks like fruits, crackers or yogurt.

### Sleep:

Develop a regular bedtime routine. Encourage the use of a favorite toy or stuffed animal to make bedtime separation less difficult. Your child probably still needs at least one nap and may need two during the day.

### Development:

Your child should be walking around and exploring the world. He may be saying 3-6 words, pointing to one or two body parts, understanding commands, and indicating wants by gestures and pointing.

### Safety:

Anticipate that your child may soon begin climbing out of his crib; the crib mattress should be at the lowest level. Don't underestimate your child's ability to climb - keep all medicines out of reach, in childproof containers and lock up toxic substances. Be careful during meal preparation - turn pot handles toward the back of the stove, cook on the rear burners, and never leave hot liquids or sharp objects within reach.

### Immunizations:

Pevnar and HIB vaccines are given today. Some babies develop a slight fever within a few days. If the fever is over 102 degrees, contact our office.

Tylenol dose: \_\_\_\_\_ mg= \_\_\_\_\_ droppers of Infant Tylenol  
or \_\_\_\_\_ tsp. of Children's Tylenol **OR**

Motrin dose: \_\_\_\_\_ mg= \_\_\_\_\_ tsp. of Children's Motrin