

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Acetaminophen (Tylenol) dose _____

Vaccines administered today: _____

Diet

- Discontinue bottle use to avoid cavities.
- At this age, a baby needs only 16-24 ounces of whole milk in 24 hours – more milk can cause anemia.
- Table foods should be offered on an “adult” meal schedule (3 meals a day with 2-3 healthy snacks). Offer a spoon and fork for the child to learn to use. Do not force eating. Picky eaters are common!
- Continue to serve 2 servings of protein-rich foods a day.
- Continue to avoid foods that can cause choking (peanuts, popcorn, raisins, carrots, hard candy, sunflower seeds, and ice).

Development

- Your child may now be saying 3-20 words and will understand simple directions. If you suspect a communication problem, discuss these with your doctor.
- He or she is likely walking and maybe running!
- They play games and imitate sounds and actions that their parents do. Sing, talk, and read to your child daily for language development.
- Stranger anxiety and separation anxiety is still common at this age.
- Tantrums may evolve as children attempt to be independent.

Sleep

- A 15-month-old needs a stable and consistent bedtime routine.
- 1-3 naps during the day are common.
- Comfort objects can be helpful for self-soothing while falling asleep.
- Night waking is common at this age. Provide calm reassurance and walk away. Do not place your child in your own bed.

Continued on other side

Safety

- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Keep your home and car “smoke-free.”
- Turn pan/pot handles to the back of the stove.
- Child proof your home and keep plants out of reach.
- Use baby gates.
- Stabilize all furniture, including the TV and bookshelves.
- Lower the crib mattress, so your child cannot crawl out of the crib.
- Maintain close supervision, especially around streets, water (including toilets and baths), and animals.
- Use sunscreen and bug spray “for kids”. Sunscreen should be SPF 30 or greater, and bug spray should have less than 30% DEET.
- Poison Control: 1-800-222-1222

Parenting

- Children under 18 months should not have any screen time except for video chatting.
- Brush your baby’s teeth twice a day with a soft brush and fluoride toothpaste in an amount about the size of a grain of rice.
- No juice.
- Decrease pacifier use. Limit use to bedtime and naptime.
- Be consistent with discipline, and tell the child what you are going to do BEFORE you do it. Pick your battles. Have a discreet set of rules that you never “give” on, such as no hitting, biting, or hurtful behavior towards animals or people. Give positive feedback when the child displays favorable behavior.
- Tantrums may occur, try to ignore them.
- Some children may understand and respond to brief time out (1 min).
- Distraction works very well at this age.

At this visit

Typical immunizations: Dtap (Diphtheria, tetanus and pertussis); Prevnar (Pneumococcal); HIB (Haemophilus B); Influenza when in season

Other preventive health: Fluoride varnish applied every 6 months*

*Per provider discretion

Return at 18 months of age for your next well child visit!

For additional copies or guidelines for future visits, visit billingsclinic.com/wellchild