

The Pediatric Center

Boulder, CO
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15 MONTH VISIT

Name: _____

Date: _____

TODAY'S MEASUREMENTS

Head Circumference

_____ inches (_____ percentile)

Height

_____ inches (_____ percentile)

Weight

_____ pounds _____ ounces (_____ percentile)

IMMUNIZATIONS

Your child may receive:

Chickenpox (varicella)

DTaP (diphtheria, tetanus and pertussis)

Hepatitis A

MMR (measles, mumps & rubella)

HIB (haemophilus influenzae)

Pneumococcal conjugate

Influenza

Possible vaccine side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- Rash

There is a slight risk of fever or rash 7 to 12 days after your child is vaccinated with MMR or Varicella. This shouldn't be something to be concerned about.

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: Eighteen months of age

NUTRITION

Weight gain is still slower than during the first year. The amount your child eats will vary. This is normal. Do not force your child to eat. Offer healthy foods and allow him or her to decide how much to eat.

- Let your child feed himself or herself.
- Stop using bottles but keep breast-feeding, if you like.
- Offer mostly table foods. Do not give your child small, hard and round foods that he or she can choke on such as nuts, popcorn and whole grapes.
- Children at this age do not need juice. If you choose to give juice to your child, limit juice to no more than four ounces a day.
- Give your child whole milk, but not more than 24 ounces a day. If your child does not like milk, serve other calcium-rich foods such as yogurt and cheese every day.

SAFETY

- Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go up stairs and explore electrical outlets and medicine cabinets.
- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations or at least until he or she is two years old.
- Cook on the back burners of your stove to reduce risk of burns.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets and other hazardous material are locked away, out of your child's reach.
- Be sure to watch your child and apply sunscreen with at least SPF30 when he or she is outdoors.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked and stored away from ammunition.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or www.ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator: 1-800-222-1222

DISCIPLINE

You may feel as though the terrible twos are already here. Around this age many children test limits, practice saying “no”, and have temper tantrums. This is because your child is curious and feels more independent. When your child bangs a spoon on the table he or she is learning different sounds. When your child keeps throwing a cup and watching it fall, he or she is learning cause and effect. At this age, toddlers want to do things on their own. Your child will resist your help in getting dressed or eating. Your child may get upset when he or she can't do something or when you do not understand what he or she is trying to tell you. This often leads to temper tantrums.

Be patient and know what to expect of your child—this will make things easier. So will childproofing the house and creating spaces where he or she can play freely. Do not spank or hit your child. Praise good behavior and set consistent limits. If you get overly angry or frustrated with your child, put him or her in a safe place, and take a few moments to calm down.

SLEEP

- Put your child to bed at the same time every night. Early is better.
- Encourage interest in books by reading a few with your child every night before bed.
- Don't give your child a bottle in bed.
- Nightmares or bedtime fears can start at this age. It is OK to respond quickly and comfort your child, but put your child to bed while he or she is awake—let your child fall asleep in his or her own bed.
- Children at this age may combine their daytime sleep into one nap.
- If you have questions about your child's sleep habits, talk with your doctor.

DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Walks steadily and may walk backwards
- Stoops to pick up objects and then keeps walking
- Crawls up stairs
- Tries to climb on objects
- Holds a cup well and starts to use a spoon
- Scribbles and puts blocks in a cup
- Says three to six words other than “mama” and “dada”
- Follows simple commands such as, “come here”
- Points to things he or she wants
- Points to body parts
- Recognizes himself or herself in a mirror
- Hugs others
- Likes looking at books
- Starts to say “no” and may have tantrums

PROMOTING DEVELOPMENT

- Let your child choose between two options, both of which are OK with you. For example, he or she can choose between two snacks to eat, two books to read or two pairs of shoes to wear.
- Know that it is normal for your child to be anxious around new people. Be sure to comfort your child.
- Speak to your child clearly and in adult language.
- Encourage him or her to repeat words.
- Describe your child's activities. When he or she eats, for example, say “Wow, Jack is eating his apple”.
- Scribble, sort shapes and stack blocks with your child.
- Keep reading to your child daily.
- Limit screen time for your child as much as possible.
- Let your child watch others using the toilet but do not force toilet training.
- Take your child for a first dental visit if you have not already done so. Brush your child's teeth twice a day with a soft toothbrush. Use a smear of fluoride toothpaste (no more than a grain of rice). Teach your child to spit after brushing.