

Shelly C. Bernstein, MD
Joshua Gundersheimer, MD
Robert Andler, MD
Colleen Brownell-Krupat, MD

Weston Pediatric Physicians

486 Boston Post Road, Weston, MA 02493
(781) 899-4456

www.westonpediatrics.org

Rosemarie Dieffenbach, MD
Katherine Bui, MD
Karen Ashworth, FNP

Your Fifteen Month Old

Length _____ Prevnar
Weight _____ Spot Vision
HC _____

NORMAL DEVELOPMENT

Your baby may:

Communicates pleasure, protest, anger, warmth and interest in new experiences.

Plays games.

Shows functional understanding of objects such as a comb, phone, pans, etc.

Begins to accept limits.

Is probably walking.

Feeds herself with fingers and uses a cup well.

Says 4-10 words.

Uses jargon and gestures while conversing.

Points to 2 body parts when requested.

Gives hugs.

Gives and takes a toy.

Pats a picture in a book.

Indicates wants by pulling, pushing, pointing, grunting, vocalizing.

Follows simple commands.

DIET

Your toddler now feeds herself and may start using a spoon.

Avoid choking hazards such as nuts, hot dog slices, raw carrots, whole grapes, large pieces of fruits, vegetables, and popcorn.

Should be eating the table foods the remainder of the family is eating.

Bye-Bye bottle!

HYGIENE

Continue to brush teeth twice a day with a tiny amount of fluoride toothpaste.

SAFETY

Ⓢ ALWAYS use a car seat. Continue to have your child facing back in her car seat until age 2.

Ⓢ Keep ALL children in the back seat to avoid airbag injuries.

Ⓢ Keep water heaters set at 120 degrees to prevent scalding.

Ⓢ Lower the crib mattress to the lowest setting so your baby won't fall out when she stands. Don't put large objects in the crib that could be used as a step to climb over the side rail.

Ⓢ Safety gates should be placed at the top and bottom stairs.

Ⓢ Keep all small objects out of reach. In addition, a toddler may pull down appliances with cords, tablecloths, lamps, and drawers onto herself.

Ⓢ Keep plastic safety plugs in outlets and locks on all hazardous cabinets.

Ⓢ STAY with your toddler EVERY second she's in the tub. If interrupted while bathing or changing a diaper, place her in a crib or on the floor to keep her safe. A toddler can drown in a few inches of water. Even with swimming lessons at a pool, your child is NEVER drown-proof.

Ⓢ Keep toilet lids closed to prevent drowning.

SAFETY

- ⊙ Keep all children away from cigarettes as well as tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke has been linked to asthma, ear infections and possibly SIDS.
- ⊙ Do not allow your toddler to be nearby while you are cooking or drinking hot beverages. Keep pot handles facing inside of stove.
- ⊙ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months when we change our clocks.
- ⊙ Keep EMERGENCY numbers including Poison Control (1-800-222-1222) near your telephone at all times.
- ⊙ DO NOT store toxic fluids in soda, juice or milk bottles.
- ⊙ Children under 4 years should not be given a toy with parts smaller than a ping pong ball.
- ⊙ DO NOT allow children to ride on tractors or lawn mowers. Keep them out of the yard while mowing.

STIMULATION/PLAY

Encourage singing to hold your child's attention and increase vocabulary.

Toddlers may begin "parallel play" playing alongside, but not necessarily with, other children.

Favorite past times are playgrounds, sandboxes, and wading pools.

You will begin to see the emergence of pretend play. Toddlers love foot-powered riding toys, rocking horses, dolls, carriages, play kitchens, and shopping carts.

Continue to read to your child. Open-the-flaps books are very popular at this age.

Television and other entertainment media should be avoided in children under age 2. A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens.

IMMUNIZATIONS

Prennar (PCV-13) Pneumococcus.

LOOKING AHEAD

- ⊙ Expect increasing independence (temper tantrums)
- ⊙ More and more words.
- ⊙ Emergence of pretend play.
- ⊙ Likely only needs one nap

SUGGESTED READINGS:

Meals Without Squeals: Child Care Feeding Guide and Cookbook, by Christine Berman & Jacki Fromer

How To Get Your Kid To Eat; But Not Too Much, by Ellyn Satter

Healthy Sleep Habits, Happy Child, by Marc Weissbluth

NOTES:

Poison Control Hot Line: 1-800-222-1222

⊙ Your next scheduled visit will be at 18 months.

⊙ Immunizations for the next scheduled visit:
DTaP, HIB, Hep A