

# 15 Month Check-Up

BECOMING INDEPENDENT

Name \_\_\_\_\_

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz.

Age \_\_\_\_\_

Length \_\_\_\_\_

Date \_\_\_\_\_

Head Size \_\_\_\_\_

## DIET

Your toddler should be eating at family meal times. Because of his high-energy needs and continued fast growth, he will need three scheduled meals and two scheduled snacks. The snacks should be spaced two hours after one meal and two hours before the next meal. Serve nutritious foods and let him choose how much he wants to eat.

He should be eating table foods now. Make sure that foods are cut small and do not give hard foods to him because of the risk of choking. His appetite is highly variable at this age.

He will continue to learn feeding skills. He will use his fingers primarily and this is a good time to offer a spoon. This will be messy, but important in the learning process. Drinks should now be in a cup. Drinking from a bottle can lead to tooth decay and ear infections.

## DEVELOPMENT

Your child is now learning to become a separate individual and will want to make his own choices.

You may notice differences in your toddler as you observe other toddlers. Quiet, watchful babies may become even more observant and sedentary, in contrast to active intense ones, who are always moving. Some will talk earlier and others will be able to climb large play structures with ease. Each of these development styles is normal. Your toddler is becoming an individual.

Discipline becomes important in year two. It must be seen as a long-term teaching process. This is only the beginning of setting limits for your child.

Temper tantrums make their unwelcome appearance at this age. They are a result of your child's struggle between independence and dependence. They become frustrated easily, as they do not always have the verbal or motor skills to get what they want. They are depending on you to set limits. If your toddler is having a tantrum and you cannot distract him, simply walk away and ignore the behavior. Do not reward the tantrum by giving in. Parents and caregivers must be consistent in discipline. On the other hand, it is critical that you spend most of the time in a positive mode of interaction. Find something to say or a way to interact on a minute to minute basis whether it is reading a book, singing a song or commenting on the color of the block he is playing with. Throughout parenting a measure to aim at is 10 positive interactions for each negative or disciplinary action. (See also the discipline section in your *Growing Up Healthy* book)

**SAFETY/ACCIDENT PREVENTION**

(Please see previous well-check prevention also.)

- Toddler proof your home. Make it safe with as few temptations as possible so that your toddler can explore and learn. Remember your child needs constant supervision.
- Hold onto your child in traffic areas and in parking lots. Drivers in cars cannot see young children.
- Be sure your child rides in a properly fitted car seat in the back seat of the car. Rear facing remains the safest position for the car seat.
- Always supervise outdoor play.
- Remember to use sunscreen.
- Continuously watch your child around any water. Toddlers are top heavy and can fall into toilets, pails etc. and drown in just inches of water.

**IMMUNIZATIONS**

DTaP	Given/Not given
Hepatitis A	Given/Not given
Influenza	Given/Not given
Varicella	Given/Not given
MMR	Given/Not given
Pnemococcal	Given/Not given

Other immunizations given today:

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Next health care visit is when your toddler is \_\_\_\_\_ years old.

**COMMENTS**

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