

NAME _____

DATE _____

WEIGHT _____ (_____ %)

LENGTH _____ (_____ %)

HEAD _____ (_____ %)



FOR YOUR 15 MONTH OLD

DIET

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers and a spoon.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot dogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein and zinc.

Continue prenatal vitamins if you are still breastfeeding.

Your toddler should drink no more than 16-24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

Put the milk in a "sippy" cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins. Your child does need 400 IU/day of vitamin D in their diet or as a supplement.

Your job as parent is to choose the best foods for your toddler. Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your toddler's job to decide how much to eat or even to eat at all!

DEVELOPMENT (15-18 MONTHS)

Walks, climbs, throws, may run.

Says single words (5-15), communicates with gestures, points to named body part or object, understands simple commands.

Finger feeds, uses spoon, uses cup, scribbles, stacks 2 blocks.

Likes to look at books, plays games with parents, gives and takes toys, developing sense of humor.

Likes to look at pictures, points to named body parts, likes boxes, balls, bowls, imitates adult behavior with telephone, hairbrush.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats/poultry, meats served in soups, use strained baby meats as a sandwich spread-avoid fried foods.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding, yogurt, margarine, or butter.

Eggs - Scrambled, hard-boiled, egg salad or omelet.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat Substitutes - Macaroni and cheese, cheese dishes served with milk, yogurt, beans, eggs, cottage cheese, lentils and hummus.

SLEEP

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your child to sleep more or less than the average. Typical bedtime for a toddler is 7-8 pm.

Most toddlers take 1-2 naps per day.

FOR YOUR 15 MONTH OLD

SAFETY

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment.

Carseats should remain rear facing until 2 years of age or as long as the carseat will allow.

Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler.

In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

Use PABA-free sunscreen with SPF>15. Reapply frequently.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a rice grain) of fluorided toothpaste on the brush.

Have your toddler's shoes properly fitted in length and width, buy flexible shoes.

Read to your child daily!

DISCIPLINE/TEMPER TANTRUMS

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums - do not try to reason with your toddler.

Securely hold your toddler until he relaxes if there is danger of injury.

SUGGESTED READING

"What to Expect the Toddler Years"

"Caring for Your Toddler and Young Child"

"Caring for Your Baby and Young Child; Birth to 5"

WEBSITES

www.carypediatriccenter.com

www.aap.org

www.cdc.gov/vaccines

www.seatcheck.org

www.healthychildren.org

ACETAMINOPHEN DOSAGE (160 mg/5ml) (EVERY 4-6 HOURS)

6-11 lbs = 1.25 ml

12-17 lbs = 2.5ml

18-23 lbs = 3.75 ml

24-35 lbs = 5.0 ml

INFANT IBUPROFEN DOSAGE (50 mg/1.25ml) (EVERY 6-8 HOURS)

18-23 lbs = 1.875 ml

24-35 lbs = 2.5 ml of Infant Ibuprofen or 5 ml of Children's Ibuprofen (100mg/5ml)

TESTS/IMMUNIZATIONS FOR TODAY

Vaccines will be given. Please review our information sheets or visit www.aap.org for more vaccine information.

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT IS AT 18 MONTHS

at the eighteen month checkup...

- Your toddler will have a physical examination and may be due for vaccines.
- Your questions and concerns will be answered.
- You will be given a developmental questionnaire and autism screening tool to complete in our office.