

## PAVILION POINTS TO REMEMBER: 15 MONTHS

### Nutrition

- Encourage self-feeding. Offer a variety of healthy foods (3 meals and 2-3 snacks). Toddlers tend to graze at this age. Allow child to decide how much to eat, which will vary from day to day. This is normal to see a decrease in appetite as growth tends to slow in the 2<sup>nd</sup> year
- Important to avoid small hard foods, (i.e. nuts, grapes, hot dogs, pretzels, popcorn, chunks of meat, hard candies)
- Continue to offer iron fortified cereal.
- Continue to offer whole milk. Milk consumption should not be greater than 16-24 ounces to prevent iron deficiency.
- Brush teeth two times a day
- ADA recommended scheduling first dental hygiene appointment at 1 year of age or later after 1<sup>st</sup> tooth erupts. A list of dental referrals can be found on our website.

### Development

#### Gross Motor

- walks alone
- May walk up steps and run
- squat to pick up objects.

#### Fine Motor

- Can help undress her/himself
- Marks paper with crayon

#### Language/Communication

- May say 3 words other than names
- Says and shakes head "no" (a new favorite word)
- Points to say what they want

### Sleep

- Sleeps 11-14 hours during 24 hours
- Typically naps 1-2 time a day
- Bedtime should be at the same time each night
- Bathing, reading, and sleeping are great sleep promoting activities
- Night awakenings may occur around 18 months, be sure to reassure quietly and offer comforting object such as a stuffed animal.

### Learning

- AAP recommends avoiding screen time in children less than 18 months
- Best ways for children to learn at this age are through interacting with caregivers by being read to, sung to, and talked to

### Safety

- Use rear facing car seat in back seat, never place baby in front seat.
- Install safety gates if not already installed.
- Keep drapes, window cords out of reach
- Use of insect repellent and sunscreen is safe during the spring/summer months. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher, one that is PABA free, one that is "broad spectrum," and one that ideally does NOT contain oxybenzone.
- Never leave child unattended in bathtub and make sure temperature is set below 120 degrees Lock away medications, cleaning supplies, other harmful chemicals.
- Call **Poison control** if you are worried your child ingested something (1800-222-1222).

### What to expect at this visit:

- At this visit, we will measure your child's height, weight, and head circumference
- Today, vaccines will include Pentacel and PCV13.
- Your babies next well visit will be at 18 months of age. No vaccines will be done at this visit.

### Behavior

- Ways to be creative with parent child conflict at this age include child proofing and identifying tantrum triggers such as hunger, tiredness, or the temperament of your child.
- Pay attention and offer praise to behaviors you like and ignore behaviors that are not favorable (as long it is safe)
- Provide distraction, gentle restraint, and time-out (60-90 secs when needed)
  - When time out is warranted (hit, bite, aggressive behavior) use a calm voice  
"if you hit you must have a time out".
- When possible allow child to choose between two acceptable options. Independence is emerging at this age
- Many children at this age display separation and stranger anxiety. Be patient with them, take time to explain, and don't negate their fears