



15 Months

Your child has become a whirlwind of activity and curiosity. They will try climbing on furniture and will want to touch everything in sight. Keep in mind he or she may still lack a sense of danger or fear. Parenting at this age is indeed a balancing act, between giving your child freedom to explore while keeping him or her safe.

Developmental and Milestones

- Vocabulary is usually three to six words that parents can understand and an entire language that they cannot.
- Will be able to point to one or more body parts.
- Understands simple commands.
- Walking has improved and will begin crawling up stairs.
- Can feed themselves with the use of their fingers.
- Drinks only from a cup.
- Recognizes himself or herself in a mirror.
- Indicates what they want by pulling, pointing, and grunting.

Feeding and Nutrition

- Encourage feeding themselves.
- Weight gain will slow noticeably.
- Appetite may diminish. Expect one full meal a day.
- Try to avoid snacking between meals.
- Will be clumsy with the spoon or cup.

Sleep

- An afternoon nap is still required by most toddlers.
- Bedtime problems can occur at this age because of a desire for independence.
- Try to be consistent and follow a routine.

Oral Health

- Brush toddler's teeth with a small amount of fluoridated toothpaste.
- Should be off the bottle. At the very least no bottles in bed.
- Discontinue pacifier use except, perhaps, at nap time and bedtime.

General Health and Safety

- Use a toddler car seat.
- Secure gates on stairwells.
- Maintain a smoke free environment.
- Avoid foods such as nuts, bacon, popcorn, hot dogs, carrots and celery sticks, whole grapes, tough meat, raw vegetables, and hard candy which can be aspirated by child.
- Poisons, medications, and toxic household products should be excluded from the home or kept in a locked cabinet.
- Never underestimate the ability of the 15-month-old to climb.
- Ensure crib mattress is on the lowest rung.
- Guard against electrical injuries.
- Always use sunscreen and avoid overexposure to sun.
- Never leave child unsupervised in or near a swimming pool, bathtub, bucket of water, ditch, well or bathroom.
- Knowing how to "swim" does not make child water safe.
- Choose caregivers carefully.
- Watch toddler carefully around dogs.
- Keep toddler away from machinery.

When to Call or See Your Pediatrician

- Fever.
- Vomiting, diarrhea or lethargy.
- Lack of appetite.
- Irritability.
- Skin rashes.

Immunizations

- DTaP (Diphtheria, Tetanus, and Pertussis)
- Hib (Haemophilus Influenza)
- HAV (Hepatitis A)

Date _____

Your Next Visit: 18 Months

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head

Circumference _____ Percentile _____

