

# Kids First Pediatrics on 30

## 15 Months

### What should my child eat?

- Encourage child to eat at mealtime, and give him/her 2-3 nutritious snacks per day
- Encourage to feed him/herself
- Offer nutritious foods & let your child decide how much to eat
- Avoid small foods that your child could choke on
- No more than 8-12 oz of milk per day                      -No bottles!

### What should I expect from my child?

- Can point to 1 or more body parts      - Walks well, stoops, climbs stairs      -Stacks 2 blocks
- Feeds self with fingers      -Drinks from cup      -Listens to a story      -Understands simple commands

### When should my child sleep?

- Your child should nap at least once a day
- A bedtime routine should be established, and a favorite toy or blanket can be given to help calm him/her

### What can I do to keep my child safe and healthy?

- Use a toddler car seat with 5 point harness
- Keep your child's environment smoke-free
- Child proof house: lock cabinets and drawers, put plastic plugs in outlets (or replace with Safe-plates); keep small objects, chemicals, cleaning agents, and medicines in a place where child cannot get them
- Do not give your child plastic bags or latex balloons
- Keep your child's outside play area within gates and fences and keep close supervision
- Accompany your child when in or around water. A fence should always surround the pool.
- Install gates near stairways
- Do not overexpose the child to sun. Sunscreen should be worn outside
- Never underestimate the ability of a 15 month old to climb!
- Make sure that the crib mattress is on the lowest rung                      -Brush teeth w/toddler toothpaste
- Know the number to Poison Control (1-800-222-1222)**

### What else can I do for my child?

- Praise your child for good behavior
- Encourage language development by reading books, singing songs, and talking about what you and your child are doing together
- Use distraction, gentle restraint, removal of object, and "time-out" for discipline (1 min per year of age)
- Take individual time out for your child. Pick him/her up, talk and play

### By 18 months, what should my child be able to do?

- Feed self with fingers, spoon or fork, scribble with crayons, and stack blocks
- Understand functions of objects (holds phone to ear, holds comb near hair)
- Say single words, communicate with gestures, understand simple commands, point to pictures in books, listen to stories
- Give and take toys, show pleasure or displeasure, is interested in new experiences & what you are looking at, tests parental limits, begins temper tantrums                      (over)

**When is my child's next checkup?**

-Your child's next checkup will be at 18 months. At this visit, your baby will receive the DTAP and Hep A.

If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it. **Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.**

[www.DTMD4Kids.com](http://www.DTMD4Kids.com)