

15 Months Old Handout

Development

- Your child should be walking around and exploring the world.
- Your child may be: saying 3-6 words, pointing to one or two body parts, understanding commands, and indicating wants by gestures and pointing.

Talking and Feeling

- Show your child how to use words.
- Use words to describe your child's feelings.
- Describe your child's gestures with words.
- Use simple, clear phrases to talk to your child.
- When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she/he is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Safety

- It is best to keep your child's car safety seat rear-facing until she is 2 years old or reaches the seat's weight or height limit for rear-facing use.
- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child's rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride
- Everyone should wear a seatbelt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.

Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.

- Limit the need to say “No!” by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

Healthy Teeth

- Brush your child’s teeth twice each day after breakfast and before bed with a soft toothbrush and a “grain of rice” amount of fluoride toothpaste.
- Wean from the bottle and only use a cup.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

Immunizations

- Your child received the Prevnar and Hib vaccines today.
- There is a small chance your child will develop a fever, or have pain or redness at the injection site.
- You may give your child acetaminophen or ibuprofen for any of these symptoms.
- If your child has a fever higher than 102 F rectally, call our office.
- For more vaccine information, go to www.cdc.gov/vaccines/.

The next check up is the 18 Month Visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org