



# FIFTEEN MONTHS OLD

## WELL CHILD CHECK

### FEEDING YOUR CHILD

- PROVIDE WHOLE OR 2% COW'S MILK
  - NO MORE THAN 16-24 OZ OF MILK PER DAY
- GIVE 3 MEALS AND 2-3 SNACKS PER DAY
  - DO NOT FEED FOODS THAT "CRUNCH," BECAUSE THESE CAN CAUSE CHOKING (NUTS, POPCORN, GRAPES).
  - ONLY GIVE HEALTHY FOODS
- WEAN COMPLETELY FROM BOTTLE.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

### YOUR DEVELOPING CHILD

- ROUTINES ARE GOOD FOR YOUR CHILD!
  - CREATE BEDTIME, NAPTIME, AND MEALTIME ROUTINES THAT ARE CALMING.
- IF YOUR CHILD WAKES IN THE NIGHT, DO NOT CREATE A STIMULATING ENVIRONMENT.

### BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TEMPER TANTRUMS ARE NORMAL.
  - PRAISE GOOD BEHAVIOR.
  - USE DISTRACTIONS.

### ACTIVITIES

- READ WITH YOUR CHILD EVERY DAY!
- TALK WITH YOUR CHILD USING SIMPLE AND CLEAR PHRASES.
- NO TV, iPADS, OR PHONE SCREENS TO DISTRACT YOUR BABY

### KEEP YOUR CHILD SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- CONTINUE TO CHILDPROOF YOUR HOME BY ADDING GATES TO STAIRWELLS AND LOCKS TO CABINETS.
- COVER ELECTRIC OUTLETS.
- DO NOT USE BABY WALKERS.
- NEVER LEAVE BABY IN WATER ALONE.
  - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS
- CALL POISON CONTROL CENTER (1-800-222-1222) IF BABY EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

### HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY WITH PEA SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

NEXT VISIT: AGE 18 MONTHS  
FOR MORE INFORMATION, PLEASE VISIT  
[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)