

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Fifteen Month Exam

Length _____

Weight _____

Head Circumference _____

Feeding: Toddlers are generally more interested in playing than in eating. They eat when they need energy, and often are not great eaters. Appetite can be erratic. Offer a healthy variety of foods with an emphasis on whole grains, fruits, vegetables, and dairy products. Your toddler can drink from a cup, but frequent spills should be expected. Bottles should be discontinued by now. Continued use will promote tooth decay and unnecessary dependency. Pacifiers should also have been discontinued by now. Avoid excessive juice intake and snacks, as these will interfere with healthy meals. Your child should be eating with a spoon and fingers. Cut food into small pieces and offer small amounts of food on a plate at a time. Fluoride may still be needed if you use well water. Get your child into the habit of brushing teeth, especially before bed. You may use a bit of toothpaste no larger than the size of a pea.

Development: Most children will understand language fairly well and follow simple commands such as “bring me the ball”. Your child should say a few meaningful words. He can typically walk well and may be starting to run, stoop or climb. He can stack two blocks, has a fine pincer grasp, can feed self with a spoon, and can scribble with a large crayon.

Immunizations: Hib #4, Prevnar #4. **Recommendations may change as AAP and CDC recommendations change over time.** Acetaminophen (Tylenol) may be used for pain or fever.

Safety: Children of this age are very inquisitive and have no fear. **Never leave child unattended in a car or near a body of water.** Always hold hands near streets or in parking lots. Never underestimate the ability to climb and don’t be complacent near stairs. Keep all hazardous substances and medication out of reach. Make sure that you have syrup of Ipecac at home, check expiration date. Toddlers will try to imitate adults and older children. Cook with back burners, directs pot handles towards the rear. Be careful with hot irons and curling irons- children love to pull on cords. Make sure toys are safe, checking for small parts. Balloons should be avoided as they can break into small pieces and become a choking hazard. Make sure that care seat is adequate for your growing toddler.

Common issues: Stimulate language by talking with and reading to your child. Temper tantrums are common. The best approach here is to ignore this behavior, making sure that your child is on a safe surface. Over time he will learn that this behavior does not help him get his way. Try to redirect negative behavior and limit the amount of time you have to say “no”. Don’t try to convince your child to agree with you. If your child resists a necessary task, such as changing a diaper or putting on clothes, give a brief statement of fact and finish the task without discussion. Continue with a bedtime routine and insist on him falling asleep on his own. Resist bringing your child into your bed. Remember to set time aside for yourself, your spouse and your friends. Hire a baby sitter!!

Next exam is at age 18 months