

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Fifteen (15) Month Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Nutrition

Your child should be learning to feed himself. He will use his fingers and maybe start using a spoon. This will be messy. They are completely on table food and are showing their likes and dislikes. Make sure to cut the food up into small pieces so your child won't choke. Children need nutritious snacks like cheese, fruit and vegetables. Do not use food as a reward.

By now, most toddlers should be using a cup only. If your child is still using a bottle, it may start to cause problems with his teeth and cause ear infections. A child at this age will be sad to give up a bottle, so try to replace it with another treasured item- perhaps a teddy bear or blanket.

Development

Toddlers are very curious and want to be the boss. This is normal, if they are safe, this is a time to let your child explore new things. As long as you are there to protect your child, let him satisfy his curiosity. Stuffed animals, toys for pounding, pots, pans, measuring cups, empty boxes and soft balls are some examples of toys your child may enjoy.

Toddlers start to have temper tantrums. Trying to reason with or punish your child may actually make the tantrum last longer. It is best to make sure your toddler is in a safe place and then ignore the tantrum. You can best ignore by not looking directly at him and not speaking to him or about him to others when can hear what you are saying. Luckily most children may be easily diverted due to their short attention span. When you suggest something that doesn't appeal to them they may assert themselves by saying or gesturing "no".

Reading to your child should be part of every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

Car Safety

- Never leave your child alone in the car
- Use an approved toddler car seat correctly and wear your seat belt
- If your child is over 20 pounds, he may be forward facing in this car seat
- The best place for the car seat is in the middle of the back seat

A fifteen month olds safety is now of greater concern due to this increased mobility. If you have not safety-proofed your home, do so now! Put out of reach all cleaning items, medicines, and other harmful objects. Put away lamps that tip over as well as cherished breakables.

Immunizations

At the 15 month visit, your child may receive shots. Your child may run a fever and be irritable for about 1 day and may have soreness, redness and swelling in the area where the shots were given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed to provide comfort. If redness increases or fever occurs, call us for an appointment. Offer _____mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and fever.

Call Us If:

- Your child has a rash or any reaction other than fever and mild irritability
- Your child has a fever that lasts more than 36 hours

If your child received either the measles-mumps-rubella (MMR) or the varicella vaccine, please note – A small number of children get a rash and fever 7 to 14 days after these shots. The rashes usually appear on main body area and last 2 to 3 days.

Call us immediately if:

- The rash changes to purple spots

Call us within 24 hours if:

- The rash becomes itchy
- The rash lasts more than three (3) days

Next Visit

Your child's next visit should be at the age of 18 months. Bring your child's shot record to all visits.