

Healthy Babies, Healthy Kids, Healthy Futures™
Healthy Habits that start in childhood last a lifetime.



15 MONTH OLD CHILD – WELL VISIT HANDOUT

GROWTH PARAMETERS

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

DEVELOPMENTAL MILESTONES FOR A 15 MONTH OLD

- walks well alone
- tries to run
- uses spoon
- uses cup
- 3-6 jargon words
- looks at books
- gives hugs and kisses
- pointing to things of interest
- says mama and dad specifically
- learning body parts

ANTICIPATORY GUIDANCE (FOR 16-18 MONTHS)

- increasing vocabulary
- mimics what you say and do
- loves to climb and run
- pointing to things of interest
- turns pages of books
- takes stairs with hand held
- likes pictures of babies/kids
- likes water/hand washing
- likes repetitive activities
- tests limits/acts out frustrations

SAFETY

- Lower the crib mattress.
- Avoid sun exposure (Apply at least SPF 15 sunscreen daily as part of getting dressed).
- Front facing car seat in back seat of car till **BOTH 6 years AND 60 lbs.**
- Fever is a rectal temperature ≥ 100.5 . Use Tylenol or Motrin for fevers or pain. See the dosing handout under parent handouts @ www.drglasser.com for your child's dose based on weight.
- **USE ONLY THE MEASURING DEVICE THAT COMES WITH THE BOTTLE TO DOSE YOUR CHILD'S MEDICINES. OVERDOSES CAN RESULT OTHERWISE!!**
- Clean teeth with toddler toothbrush or a cloth twice a day with water or NON-FLUORIDE containing toothpaste. First dentist visit at 3 years.
- Continue childproofing the house. Have Poison Control number **1-800-222-1222** near the phone.

NEXT VISIT AT 18 MONTHS (DON'T FORGET THE SHOT RECORD)

Dr. Lisa Glasser of Siena Pediatrics
Call for appointments (702) 248-7337.
Visit www.drglasser.com for additional information.

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