



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 15 MONTHS

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160 mg/5 ml) _____

Ibuprofen Dosing: Infant Drops (50mg/1.25 mL) _____

NUTRITION

- Rate of growth slows down and appetites are finicky. Offer essentially equal parts of four major food groups: dairy, fruits, vegetables, cereals & breads and grains, and protein (meat, poultry, and egg). Minimize excess salt and sweet intake.
- Encourage good mealtime and snacking habits. Be consistent and offer what you are eating rather than a special meal.
- Your child uses fingers well to eat and can drink from a cup (good time to get rid of bottle). May also use spoon.
- Continue Vitamin D supplementation and Calcium if milk intake is limited.

GROWTH & DEVELOPMENT

- Walks well forwards and backwards, stomps, and runs stiffly. Walks upstairs with help.
- Can remove a garment.
- Throws a ball.
- Builds a tower of two blocks.
- Scribbles.
- Points to 1-2 body parts, Understands simple commands. Uses "mama," "dada" plus, 3-50 words: comprehends 100-150 words.

IMMUNIZATIONS & PROCEDURES

- DTap#4, HIB#4, Prevnar#4. Soreness at injection site may occur.

ACCIDENT & SAFETY

- A highly accident-prone age. Try to closely supervise as well as passively protect your child.
- Appropriate car seat use at all times! Rear facing until age 2 years.
- Safety caps on medications. Lock up poisons in original containers.
- Turn down hot water heater setting to 120-125 degrees (“Safe Zone”).
- Review safety around electrical outlets, kitchen and medicine cabinets, stairs, windows, and electronics. Supervise even more carefully near water.
- Still no nuts, seeds, raisins, popcorn, hard candy, raw vegetables etc. Prevent choking by discouraging eating while walking or playing. Beware of plastic bags and deflated balloons.
- Do not use Ipecac syrup. POISON CONTROL 1-800-222-1222.
- Store guns locked, unloaded and safely in your home.

MISCELLANEOUS

- Toddlers are increasingly happy-sad, clingy-independent and predictably unpredictable.
- Office visits may seem like commando raids.
- Discipline and limit setting more of a problem. Encouraging, nurturing approach is always more fruitful than negative re-enforcement. Praise wanted behaviors (What a good listener!). Expect and ignore temper tantrums. Be realistic and consistent in limit setting.
- Fears increasingly common.
- Hitting more of a problem, occasionally biting.
- Sneak preview of "no's" of the two's.
- Toddlers are not usually ready for toilet training until 18- 24 months.
- Limit Screen Time (TV, computer games, etc.)

RESOURCES

- Other parents!
- Green Acres: Going Places With Children In Washington
- Zoo: Be a FONZ
- National Aquarium, Baltimore Aquarium, Maryland Science Center
- Washington Post Weekend Section