



Cornerstone Pediatrics

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## 15 Month Well Child

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs \_\_\_\_\_ oz Length: \_\_\_\_\_ in Head Circumference: \_\_\_\_\_ cm

Age: \_\_\_\_\_ Next Scheduled Appointment: \_\_\_\_\_

### General Nutrition:

- Should be eating table foods. Don't focus on table manners.
- Snacks should be non-sugary, unsalted foods (such as cheese and fruits).
- Avoid foods that are easily choked on- such as nuts, hard raw vegetables, hard candy and whole grapes and hot dogs.
- Usually does not eat much. Weight gain is much slower than before. This is normal.
- Breastfeeding should continue for as long as mother and baby are enjoying this relationship.
- Bottles should be phased out by now. No bottle in bed.
- Limit juice to four ounces a day or less.
- Continue fluoride supplementation (by prescription) if water is not fluoridated.

### Sleep:

- Establish a pleasant and predictable bedtime routine. Once put to bed, your child should stay there.
- If your child has nightmares or bedtime fears, respond to him/her quickly and be very reassuring.
- If not tired during the day, your child is getting enough sleep. Many (but not all) toddlers will consolidate their naps and sleep for a few hours during the afternoon.

### Development:

**Gross Motor:** Walks steadily. Stops and starts, stoops and recovers, walks backwards and explores. Can crawl up stairs and climb on objects. Rolls a ball and anticipates the return.

**Fine Motor:** Uses cup well. Starting to use spoon. Scribbles spontaneously. Builds tower of two blocks.

**Speech And Language:** Can say three to six words. Understands simple commands such as "Give me" and "Come here." Can point to things he/she wants. Points accurately to one or two body parts.

**Social:** Recognizes self in mirror. Hugs. Pats a picture book and pays attention to a story being read. Needs to say "No". Growing independence. Starts "testing" parents. May have temper tantrums.

### Discipline:

- Your toddler will be trying to exercise independence; allow him or her to be curious and to show initiative. It is important that you encourage and appreciate this, but you must also set limits! For example, allowing your child to say she or he wants orange juice instead of apple juice you

already poured is fine, but throwing the apple juice on the floor is not! Avoid minor skirmishes by giving your child choices before you pour the juice.

- Discipline means *teaching*, not punishment. Discuss the rule and follow up by physical reinforcement, such as removing an object that is not to be touched, removing child from an undesirable situation, or distracting the child.
- You may use time outs. Time out means taking the child out of the current harmful or irritating situation, either by sitting in a corner or perhaps in his or her room. Generally, time out should last one minute per year of age, so one minute is ok for a one year old, 1.5 minutes for an 18 month old, etc.
- Praise for acceptable behavior should far outweigh the “no” messages. Always be on the lookout for good behavior.

### **Safety:**

- Keep the Poison Control phone number on all your phones: (1-800-222-1222). Keep ipecac handy but only use it as instructed by Poison Control – not all situations call for it.
- Place toddler in a forward facing toddler car seat in the second row of your vehicle when your child weighs more than 20 pounds.
- When securing medicine and household products, be sure to use a lock or safety catch. Attach safety devices to windows and screens. Never underestimate a toddlers’ ability to climb! Some children will climb out of a crib at this age. They can also climb on chairs and then onto counters. Beware
- Cover unused electrical outlets. Secure cords so child can’t pull down lamps and other electrical devices and appliances.
- Set hot water heater temperature to less than 120° F or 49° C.
- Never leave child alone near water (such as wading pool, hot tub or bucket of water). Knowing how to swim does not make children water-safe at this age.
- Apply sunscreen with SPF 15 or greater. Cover up with hats and light weight, long sleeved clothing during the sunniest times of the day, especially between 10 AM and 2 PM. Remember that tanned skin is damaged skin.

### **Dental Hygiene:**

- Make it a routine of brushing your toddler’s teeth daily. You can take turns, encouraging your child to brush to build good habits. However, to insure tartar and plaque removal, a parent needs to brush the child’s teeth at least twice daily until the child is six to seven years old.
- No toothpaste is necessary. If using toothpaste with fluoride, apply less than a pea-sized amount per day and teach your child to spit it out.
- To prevent cavities, avoid frequent snacking or sugary drinks.

### **Toys and Play:**

- Scribbling with crayons, playing make-believe, sorting shapes, manipulating pegboards and blocks, digging toys, looking at books of all kinds!
- Read to your child daily and take him/her to the library often.

### **Immunizations:**

- HIB– Haemophilus influenza type B
- PCV – Pneumococcal

### **Lab tests:**

- None unless warranted by exam.

**Fever:**

- A fever is considered a rectal temperature greater than 100.5° F.
- Take your baby's temperature under the arm. If elevated do a rectal temperature for confirmation.
- To take a rectal temperature;
  - Put a small amount of Vaseline™ on the end of the thermometer.
  - Lay your baby on his stomach, with one hand on his bottom and your arm resting lightly on his back to keep him from rolling. Holding the thermometer in the other hand, gently insert the bulb (the silver part) into your child's rectum. You only need to insert it far enough to cover the bulb.
  - After it stops, remove the thermometer and read the temperature.
  - Make sure you clean the thermometer well after each use.
- If your baby has an elevated temperature first try to undress your baby leaving only the diaper and recheck in ten minutes. If remains elevated you need to give us a call for additional guidance.

**Call the office if your baby:**

- Has a rectal temperature over 102.0° F especially without any explanation or associated cold symptoms
- Coughing frequently
- Vomiting persistently or excessively
- Falls, hits his/her head and passes out, vomits or behaves unusually
- Refusing to eat
- Does not look well or is unusually sleepy or inconsolable
- If you have any questions

**Important Phone Numbers:**

- Cornerstone Pediatrics (817) 596-3531  
Cornerstone Pediatrics after hours (817) 596-3531 dial zero for an operator
- Medical City of Weatherford's Emergency Department (682) 582-1000
- Cook Children's Emergency Department (682) 885-4093
- Integra Urgent Care (817) 596-4313
- Tri Cities Urgent Care (817) 984-7120
- Oakridge Urgent Care (817) 599-5518
- Smoking Cessation (877) 937-7848
- Poison Control (800) 222-1222

**Next Visit:**

- 18 Month Well Child Check
- Schedule your appointment 3-6 weeks in advance.
- Arrive 15 minutes before your appointment to update chart.
- Remember to bring your shot record with you for the exam. The immunizations your child will receive at the 18 month visit will include:
  - DTaP- Diphtheria, tetanus and acellular pertussis

**Suggested Reading for Parents:**

- Your Baby and Child: From Birth to Age Five, Penelope Leach.
- Child of Mine: Feeding With Love and Good Sense, Ellyn Satter.
- Oneness and Separateness: From Infant to Individual, Louise Kaplan, PhD.

- Baby Proofing Basics, Vicki Lansky.
- The Sleep Book for Tired Parents, Rebecca Huntley.
- Caring for Your Baby and Young Child: Birth to Age Five, American Academy of Pediatrics, Stephen Shelov, M.D.

**If you have any concerns about your baby's health, please call. This handout is meant to be a guideline, not a substitute for the care of a competent health care provider. Please do not give medicines without talking to your doctor first. We are happy to help you in any way we can. Immunization Schedule is subject to change based on the recommendations of the Committee on Infectious Diseases.**