



# 15 Month Old Well Child Visit

Center for Child & Adolescent Health  
St. Christopher's Hospital for Children  
(215) 427-5985



## What will happen today:

- ◆ You and your doctor will talk about parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ You will talk about the different ways to discipline your child.
- ◆ Your child may receive more shots, and blood work for lead & anemia.
- ◆ You may talk with your doctor about different kinds of foods to offer your child.

## Safety, Safety, Safety!

Tips for safety at home.

- Use secured gates at the top and bottom of the stairs.
- Cover all electrical outlets.
- Do not leave heavy objects or hot liquids on tables.
- Do not leave your child alone near the bathtub, pool, or toilet.
- Always test bathwater to make sure it is not too hot.
- Keep your child away from lawnmowers, driveways, and the street.
- Teach your child not to go up to strange dogs or a dog that is eating.
- Never spank or shout at your child.
- Lock all cleaning supplies and medicines.

## Development:

Your child should be able to:

- Walk well and stoop to pick up objects
- Say 2-3 words with meaning
- Understand and follow simple commands
- Drink from cup, use spoon and fork


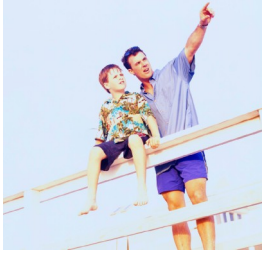
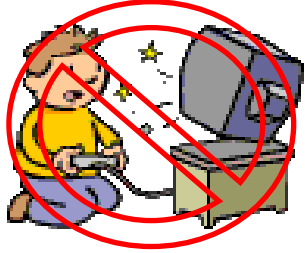











Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 15 Month Olds

<p><b>Education</b></p>	 <p>Use picture books to help your child learn new words.</p>	 <p>Talk to your child often about what they are seeing.</p>	 <p>Never use the television as a "babysitter".</p>
<p><b>Behavior</b></p>	 <p>When your child has a tantrum, try to ignore it.</p>	 <p>Use "time-out" only for 1-2 minutes when your child acts up.</p>	 <p>Praise your child for good behavior. Catch them "doing good".</p>
<p><b>Food Corner</b></p>	 <p>Allow your child to feed himself, with supervision.</p>	 <p>Try to eat every meal as a family. This helps bonding.</p>	 <p>Avoid "junk food" (chips, sweets). No more than 1/2 cup of juice per day.</p>
<p><b>Oral Health</b></p>	 <p>Your child still needs help brushing her teeth.</p>	 <p>No more bottles or pacifiers, use a sippy cup.</p>	 <p>Schedule first dental visit. Ask your doctor for a list of dentists.</p>

**At the next visit:**

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

