



Parent Handout Fifteen Month Visit



Name _____ Date _____

Weight _____ Height _____ Head Circumference _____ Temp _____

Talking and Feeling

• Show your child how to use words. • Use words to describe your child's feelings. • Describe your child's gestures with words. • Use simple, clear phrases to talk to your child. • When reading, use simple words to talk about the pictures. • Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books. • Your child may be anxious around new people; this is normal. Be sure to comfort your child.

A Good Night's Sleep

• Make the hour before bedtime loving and calm. • Have a simple bedtime routine that includes a book. • Put your child to bed at the same time every night. Early is better. • Try to tuck in your child when she is drowsy but still awake. • Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Safety

• It is best to keep your child's car safety seat rear-facing until she reaches the seat's weight or height limit for rear-facing use. Do not switch your child to a forward-facing car safety seat until she is at least 1 year old and weighs at least 20 pounds. • Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position. • Never put your child's rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride • Everyone should wear a seat belt in the car. • Lock away poisons, medications, and lawn and cleaning supplies. • Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful. • Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows. • Keep your child away from pot handles, small appliances, fireplaces, and space heaters. • Lock away cigarettes, matches, lighters, and alcohol. • Have working smoke and carbon monoxide alarms and an escape plan. • Set your hot water heater temperature to lower than 120°F.

Temper Tantrums and Discipline

• Use distraction to stop tantrums when you can. • Limit the need to say "No!" by making your home and yard safe for play. • Praise your child for behaving well. • Set limits and use discipline to teach and protect your child, not punish. • Be patient with messy eating and play. Your child is learning. • Let your child choose between 2 good things for food, toys, drinks, or books.

Healthy Teeth

• Take your child for a first dental visit if you have not done so. • Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water. • Wean from the bottle; give only water in the bottle. • Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

Vaccines Administered Today:

| | | | | |
|------|-----|---------|-----------|-----------|
| Dtap | IPV | HIB | Hep B | Prevnar20 |
| | MMR | Varivax | Influenza | |

Infant's Tylenol dosage: _____ Infant's Motrin dosage: _____