

# 15 MONTH CHECK-UP

## CURIOUS TIME!

**Your baby is entering the curious toddler stage! He can walk, climb, and maybe, even run!**

### NUTRITION

Toddlers should eat small portions from all food groups: meats, fruits and vegetables, dairy products, and cereals and grains. Try to give him a little bit of what the rest of the family is eating.

Your child will start to feed himself. He will use his fingers and maybe start using a spoon. Get ready for the mess and let him experience his new found freedom!

Toddlers, at this age will eat 3 meals and 2 to 3 snacks each day. Encourage your child to drink formula and juice from a cup now.

He should have been weaned off the bottle by now. If your child is still using a bottle, it could cause problems with his teeth and might cause ear infections. A child at this age will be unhappy to give up a bottle, so try to replace it with another treasured item - perhaps a toy or blanket. **Never let a baby take the bottle to bed.**

Your baby does not need juice, you can, however give up to 4 oz. per day for constipation.

### DEVELOPMENT

By this age you baby will be:

- Able to walk without support and climb and run
- Plays “peek- a- boo”
- Drink from a cup
- Imitate what you are doing; sweeping, dusting, or washing play dishes can be fun for children.

They like to be the boss and it is okay to let them as long as they are safe.

### Temper Tantrums

Even though tantrums are a normal part of life for toddlers, it seems anything but normal for parents!

### Tips for handling tantrums:

It is best to make sure your toddler is in a safe place and then ignore the tantrum by not talking or looking at him directly.

Stick to consistent routines

Let your child make some choices, the ones that don't count, and be sure to accept it.



**LATA SHRIDHARAN  
MD, FAAP**

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*Paste your child's picture here*



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Prepare your child if the routine needs to be changed, like a party on the weekend.

Warn him a few minutes before you plan to stop a fun activity, like "we have time for one more story and then we are going to bed."

It is not yet time to start time-outs. You can start this technique when the child is between 2 and 3 years of age.

### SLEEP

Your baby needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.

Some toddlers might start to wake up more at this age due to their new found independence. **Do not restart the bottle as he is not hungry.**

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own. Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make it a routine.

### TEETHING

Teeth erupt anytime from 6 months to a year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

### SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give your baby foods which might cause choking (such as candy, hot dogs, popcorn, peanuts).

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

### IMMUNIZATION

Your baby will receive the following vaccines:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (hemophilus influenza type B) shot

Vaccines can be combined depending on what is most appropriate for your toddler. He can get a fever with the shots and it is okay to give acetaminophen drops. There can be some redness or swelling at the site of the shots and a cool compress can help relieve the pain.

Call back for any other unusual side effects.

**Thank you for letting us be a part of your child's life!**

*"Children are love made visible" – A Saying*