



## Pediatric Development - 15 Months

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

\_\_\_\_\_’s growth record

Weight: \_\_\_\_\_ pounds \_\_\_\_\_ ounces

Length: \_\_\_\_\_ inches

Head circumference: \_\_\_\_\_ inches

### DEVELOPMENT

At this age, the typical child may have the ability to:

- Say three to six words
- Walk alone, stoop and climb stairs
- Feed self with fingers and drink from a cup
- Point to a body part
- Understand simple commands
- Indicate wants by pulling, pointing and grunting
- Stack two blocks.

However, your child may vary in reaching these goals. If you have concerns, please discuss them with your child’s doctor.

### STIMULATION

This age represents a time of immense emotional, intellectual and developmental growth. As a parent you can aid this growth by:

- Giving your child individual attention
- Creating opportunities for exploration and physical activity
- Reading, singing and talking with your child
- Praising good behaviors
- Allowing child to feed self
- Holding and cuddling your child to show affection
- Acting as a role model for healthy habits and good behavior
- Children of this age imitate parental actions.

### DISCIPLINE

At this developmental stage, the toddler’s increased mobility and curiosity give him or her the ability and desire to explore his or her environment. Discipline becomes a delicate balance between allowing exploration and protecting him or her by designating certain “off limits” areas. Parents must work together and stay consistent in setting limits. Enforce the limits that you set and do not tolerate any hitting, biting or aggressive behavior. Use of a time-out (not to exceed one minute per year of life) to help enforce limits in a consistent manner. Spanking is discouraged since it is ineffective as a disciplinary measure.

## **NUTRITION**

Your child should now eat a variety of table foods. His or her diet should resemble that of the rest of the family. A toddler should be offered three meals daily plus snacks, but typically will not eat very much and weight gain may be very small. If he or she eats a well balanced diet, a vitamin supplement is not needed. Your child should continue to drink whole cow's milk and should be weaned off the bottle. Eat meals as a family whenever possible and allow child to feed self.

## **IMMUNIZATIONS**

Your child may be receiving immunizations at the 15-month visit. Discuss with your physician which immunizations your child should receive and the potential side effects. To help with the possibility of some of the side effects, Tylenol<sup>®</sup> (acetaminophen) may be given every four to six hours over the next 24 to 48 hours. If you have any questions about your child's reaction to the vaccine, please talk with your health care provider.

## **SAFETY**

As the toddler's mobility increases, safety becomes increasingly important. The following points should help.

- Re-examine your home to make sure it is childproof.
- Continue using a car seat. The seat may now face forward, but should remain in the back seat.
- Use gates to block stairwells and hazardous areas.
- Lower crib mattresses, because a toddler may be able to climb.
- Avoid choke-hazard foods such as peanuts, hot dogs, grapes, raisins and chewing gum.
- Place poisons, medications and toxic household products in a locked cabinet, preferably above floor level.
- Keep water temperature less than 120 degrees Fahrenheit.
- Guard against electrical injuries from cords and outlets.
- Never leave children unsupervised in or near a swimming pool, filled bathtub, bucket of water or well. Keep toilet lids closed. Knowing how to swim does not make a child water-safe at this age.

SOURCE: American Academy of Pediatrics