



## 15 Month Old Well Child Visit

Temp \_\_\_\_\_ Weight \_\_\_\_\_ Weight% \_\_\_\_\_  
HR \_\_\_\_\_ Length \_\_\_\_\_ Length% \_\_\_\_\_  
Resp \_\_\_\_\_ Head Circumference \_\_\_\_\_ Head Circ% \_\_\_\_\_

**Immunizations today: Catch up on any missed vaccinations**

### DEVELOPMENT

By 15 months of age, your baby should begin to do some of the following:

- |   |                                    |
|---|------------------------------------|
| Walk alone                                    | Understand simple commands         |
| Vocabulary of 5-10 words                      | Point to 1-2 body parts when asked |
| Indicate wants by pointing                    | Build tower of 2-3 blocks          |
| Feed themselves with fingers/drink from a cup | Give and take toys                 |

### ACTIVITIES

- Continue to read and sing
- Play with noisemakers
- Roll a ball back and forth
- Continue to encourage self-feeding
- Continue to limit television to one hour or less per day.
- Watching more than 10 hours of television per week increases risk of obesity, aggressive behavior and learning problems

### FEEDING

- Whole milk is appropriate (16-24 ounces per day)
- Appetite may decrease
- Should be eating table foods
- Introduce toothbrush, using non-fluoridated toothpaste until child learns to spit it out
- Model good eating habits. Avoid fast food. Teach child to choose fruits and vegetables over fatty foods
- Soda is not appropriate

### SAFETY

- Assess size of car seat. Ensure it is appropriate for child's length and weight.
- Continue to baby proof for growing child
- Check smoke detector batteries
- Secure firearms in a locked place away from ammunition
- Never leave unattended near water
- Gate all stairs
- NO SMOKING

### OTHER:

- Baby should be in own crib or bed ideally in own room
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure.
- Discourage hitting and biting, while realizing that this is a normal stage in development
- Set limits
- Time-outs are appropriate with maximum of 1 minutes "in time-out"
- Between 1 and 2 years of age is a good time for the first dental appointment.

**USEFUL WEBSITES and Numbers:** [www.brightfutures.org](http://www.brightfutures.org) [www.aap.org](http://www.aap.org) [www.kidshealth.org](http://www.kidshealth.org)

**POISON CONTROL 06371-86-7070 486-7070**

**USAHC Stuttgart, Germany**

Next scheduled visit is at **18 months**  
Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353  
WIC 07031-15-3351  
EDIS/Early Intervention 07031-15-2697/2547