



Well Child Visit
15 Months

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Feedings

1. Offer 3 meals/day consisting of foods from all food groups with nutritious snacks in between. Snacks should consist of no-sugar and unsalted foods such as fresh fruits.
2. Continue whole milk 16-24 oz/day. Your toddler should be drinking from a cup.
3. Have your child sit in a high chair while eating and do not allow walking around, running or excitement during mealtime.
4. Encourage your child to feed him/herself with fingers and with a spoon. Expect messy accidents and have patience.
5. Avoid foods that are choking hazards: nuts, grapes, raisins, popcorn, and hard candy, hot dogs.
6. Toddlers are picky eaters. Keep serving small and avoid making mealtimes a battle.
7. Avoid empty calories such as puddings, desserts, soft drinks, and more than 8 oz of juice/day.

Dental

1. Be sure to brush your child's teeth twice a day with a soft toothbrush. A thin smear of toothpaste over the brush can be used.
2. Continue fluoride supplements through 16 years old. It can be given in the form of liquid drops taken once a day.
3. To prevent cavities, avoid frequent snacking or sugary drinks.

Safety

1. **Falls and injuries:** Use gates at the top and bottom of stairways. Children may be able to open latches. Use guards on windows. Avoid lifting and swinging your child by the arms; this can dislocate the elbows. A fenced yard is necessary for play outside. Keep sharp objects (knives, scissors, and tools) in a secure place. Remember, keep a constant close eye on your child.
2. **Car Accidents:** Your child may not want to sit in the car seat, but for safety, always use it. He/she will learn to accept it with constant use. The car seat can face forward if your child weights 20lbs. The center of the back seat is still the safest place. Set a good example and always wear your seat belt. Never leave your child alone in the car.
3. **Burns:** Never leave cups of hot liquids or food on table/counter edges. Turn handles of pots/skillets away from the edge of the stove. Don't leave a hot iron accessible with a dangling cord. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Protect your child from damaging rays of the sun. Keep your child in the shade as much as possible. Keep covered with hats and use sunscreen. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
6. **Drowning:** Never leave your child alone near water: bathtub, toilet, buckets, pools. If you have a pool, make sure there's a fence around it. Keep the toilet lid down. Learn CPR.
7. **Poisoning and choking:** Avoid toys with sharp edges or removable small parts. Avoid small hard foods like peanuts, popcorn, carrot sticks, whole grapes, and hotdogs. Keep blow-up balloons, coins, plastic bags, small objects, household cleaners, and medicines locked and out of reach. Remember that your child will place everything into his/her mouth. Keep window blinds and curtain cords out of reach; these can strangle babies.
8. **Guns:** If you must have them, keep them unloaded and locked out of site. Keep ammunition in a separate location.

Parent Tips

1. Discipline
 - Set reasonable limits for safety and to help your child learn what is expected of him/her. Use verbal "No's" or try distraction. Be consistent.
 - Save serious discipline only for serious misbehavior where real danger exists. Avoid slapping hands or spanking. Your child will find these actions hard to understand at this age and this will be a negative example of how to deal with problems. Use time-pouts for 1-2 minutes. Choose a time out location that is dull, but safe and non-frightening. Take a time-out for yourself if you feel you are starting to lose control.
 - Do remember that toddlers have short memories and may repeat behavior several times before they learn.
 - Praise and reward good behavior. Don't give rewards after tantrums.

2. Children want to show independence, but need a safe place to explore and need to be watched constantly.
3. Select toys that allow pushing/pulling, opening/closing, and filling/emptying.
4. Discontinue pacifier use. Offer a favorite toy instead.
5. Have consistent bedtime routine with a “wind down” time before bed. Be firm when it comes time for bed. You may expect your child to sleep 10-15 hrs/day with 1-2 naps. Your child should be able to sleep through the night.
6. Read to your child daily. Let him/her help turn the pages and point out and name simple objects.
7. Remember to take time for yourself.

Over the next few weeks, you can expect your child to:

- Stoop down and recover, walk backwards
- Crawl upstairs and walk downstairs holding on
- Scribble
- Point to 1-2 body parts on request
- Say 3-10 words and use gibberish
- Imitate housework and can help with simple tasks
- Help undress him/herself

Immunizations:

1. Your provider will inform you if your child requires immunizations today.
2. If your child receives immunizations, you may give Tylenol drops for fever or fussiness up to every 4 hours as needed. You may also apply warm towels to the injection site to soothe pain and redness. Call your pediatrician if there are any problems out of the ordinary.

Call your provider if your child

- Does not look well, is extremely sleepy or inconsolable.
- Has a fever over 102°F without any explanation or associated cold symptoms.
- Vomits persistently or excessively.
- Falls, hits his/her head and passes out, vomits or behaves unusually.
- If you have any questions.

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

Next Visit

Bring your child in at 18 months of age for an exam and the vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.