

PEDIATRIC HEALTH CARE

FIFTEEN MONTH EXAM

WEIGHT: _____ LBS. _____ OZ. LENGTH: _____ IN. HEAD CIRCUMFERENCE: _____ IN.
 _____ % _____ % _____ %

FEEDING:

Appetite may still be sporadic, eating well only one out of three meals per day. Offer three meals and two or three snacks. Whole milk should be given until they are 2 years old. Your child should be almost off bottles and pacifiers at this time—if not, do so gradually. Don't forget to brush the teeth before bedtime. Avoid fluoride toothpaste. Fluoride supplement may still be needed if you do not have city water.

DEVELOPMENT:

Enjoy playing, reading, and singing with your child. Most children are walking, stooping, and trying to walk backwards. Guidelines for discipline include: praise for good behavior, consistency between parents, remove child temptation. Children at this age can use a spoon well, scribble with a large crayon, use four or five words with meaning.

SAFETY:

1. Continue choking precautions! Refer to your nine month list on things that cause choking.
2. Incidence of accidental poisoning increase. POISON CONTROL Number should be readily available. **1-313-745-5711** or **1-800-POISON-1**
3. Use your car seat at all times, rear-facing until age 2 years.
4. Never leave your child unattended near water, including bathtubs.
5. Burns: watch pots on stove, hot coffee, irons. A common burn for children of this age is a curling iron.

IMMUNIZATIONS:

Pentacel (DTaP, Hib, IPV) and MMR.

PROBLEMS:

1. Frustration and temper tantrums
2. Unsafe toys

NEXT VISIT:

See you at eighteen months of age. Your child will receive Hepatitis A #2.

Let your child get messy sometimes. Yogurt can be a finger food! Enjoy seeing life through their unlimited little mind. Experiences teach!