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 goal for milk intake is 16 ounces (2 cups) per day. The American Academy of Pediatrics and the Institute of Medicine recommend a daily intake of at least 600 IU of Vitamin D for everyone over age 1. This may be accomplished by offering an infant multivitamin that offers 400 IU of vitamin D per serving once a day in addition to the daily milk intake. 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. Fluoridated toothpaste is recommended for all children starting at tooth eruption, regardless of caries risk. A smear (the size of a grain of rice) of toothpaste should be used up to age 3. Parents should dispense toothpaste for young children and supervise and assist with brushing. Aim for a goal of at least 6 oz of city water from your tap daily to help achieve maximum protection against dental caries. If your baby is only on breast milk or you have well water, please notify us.

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. Ensure that it is installed in your vehicle correctly and that your child is properly restrained.
- 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.

Please let us know if your child has a high risk of lead exposure: lives in a house built before 1978, exposed to old peeling/chipped paint, he likes to put non-food items in his mouth (such as jewelry, keys, dirt, etc.), he has a parent whose job or hobby involves lead exposure, or he has a sibling or playmate who has been treated for lead poisoning.

IMMUNIZATIONS:

Pentacel (DTaP, Hib, IPV) and Varivax (chicken pox vaccine)

PROBLEMS:

- 1. Frustration and temper tantrums
- 2. Unsafe toys

NEXT VISIT:

See you at eighteen months of age. Please complete the 18 month ASQ developmental screening form within 2-3 weeks of that appointment and bring it with you. If you have not received this form, please ask one of our staff members.

Your child will receive Hepatitis A #2.

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