

CMA 15 Month Well Baby Visit

Development

What most children do by this age:

- Takes a few steps on own
- Uses fingers to feed self some food
- Stack blocks (at least 2)
- Tries to use things like a phone, cup, book
- Tries to say one or two words other than mama/dada, like “ba” for ball, or “da” for dog
- Follows directions with a gesture and words
- Points to ask for something
- Claps when excited
- Shows affection (hugs, cuddles, kisses)
- Copies other children playing

Nutrition

- Breast milk or Whole milk (or dairy equivalent); May take 16-24 oz per day; Yogurt is equivalent oz per oz to whole milk. 8 oz milk=1 ½ oz hard cheese or 2 oz processed (eg. American cheese). No more than 24 oz a day to prevent anemia.
- Increase iron-rich foods such as meat, beans, iron-fortified cereals;
- Encourage self feeding
- Offer nutritious food- let toddler decide how much to eat
- Slower growth rate causes decrease in appetite and caloric need; “food jags” are common
- Feed 3 meals and 2-3 snacks/day
- May use refusal to eat as way of showing power; best not to turn into power struggle
- Limit sweets and fats
- Discourage juice; limit to 4 oz a day max
- Choking hazards include nuts, hot dog slices, raw carrots, whole grapes, --should be given cautiously; no nuts or popcorn until 3-4 years of age

Sleep

- Falls asleep more easily by 18 months
- Likely sleeps through the night
- May change nap from two to one longer one in the middle of the day
- Have and maintain an established bed-time routine

Hygiene

- Brush teeth with small amount of fluoride toothpaste twice a day
- Dental visit between 1-2 yrs of age
- **Maintain good hand washing practices.**

Safety

- Use car seat rear facing until 2 years old
- Never leave alone in the car
- **Safety proof home:** no exposed outlets; keep cords, medicines, chemicals out of reach; locks on cabinets; smoke detectors on every floor; fire escape plan; water temperature less than 120 degrees; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that toddler can not push out
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children
- Keep crib mattress to lowest setting
- Keep crib free of objects that toddler can stack to climb on and get out
- Remove all small objects that toddler can choke on
- Avoid smoke in environment; has been linked to asthma, ear infections and SIDS
- Keep pot handles facing inside of stove
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Keep crib away from window and curtain cords
- Use sunscreen SPF 15 or higher if outside for extended periods of time
- Never leave alone in tub or around containers of water such as toilets, wading pools, buckets

Stimulation/Activities

- Building blocks, wooden blocks
- Nesting toys
- Large crayons, water-based felt-tip pens; finger paints
- Picture books; toy phone
- Push/pull toys
- Music, singing, cuddling
- Playground, sandbox, wading pools
- Foot powered riding toys, rocking horse, doll carriages, shopping carts, toy vacuum
- Do things with family (zoo, park, walks etc)
- Climbing
- Limit screen time (tv, tablets/phones) to video chatting with family/friends
- May begin “parallel” play
- No spanking: use distraction, gentle restraining, time out

Next Well Child Visit at 18 months

*See CMA links page for more helpful health information: www.cmanva.com