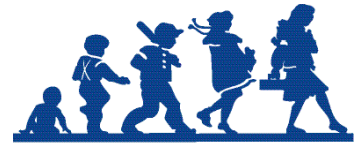


Your 15 – Month – Old Baby



— Goldsboro —
Pediatrics P. A.

Immunizations on your next visit:

- MMR #1
- Hib titer #4

Call our office:

- If you have any questions
- If you have concerns about the immunizations
- If your child has a fever over 104°
- If you feel your child's behavior is not normal
- If your child has persistent vomiting, diarrhea or looks unusually limp or pale

Developmental Issues

Most fifteen month – olds should be able to:

- Walk Alone
- Feed self with fingers
- Roll / toss a ball
- Understand simple commands
- Indicate wants without crying
- Crawl up stairs
- Say 3 – 4 words
- Stoops and recover

Eating Habits

- Your fifteen-month-old should be off the bottle and taking all liquids from a cup. Toddlers need 16-20 ounces of whole milk per day.
- Do not leave your toddler alone when eating. Eat meals as a family.
- Insist your toddler sits down to eat- not on the run.
- Encourage the use of a spoon
- Avoid choking foods such as popcorn, peanuts, hard candy, grapes, carrots, and hot dogs.
- Feed your toddler from the four basic food groups:
 - 1) Meat (fish, chicken, eggs)
 - 2) Dairy products (milk, cheese, yogurt)
 - 3) Fruits and vegetables (Great snack foods!)
 - 4) Cereals, grains (potatoes, rice, breads & pasta)
- Do not restrict cholesterol and fats.
- Avoid sweet snacks such as candy and cookies.

Bedtime

- A quiet winding down period, may help your toddler learn to settle himself to sleep.
- Parents should learn to recognize their toddler's sleepy signs, such as crying and fussiness.
- Establish a pleasant bedtime ritual such as a story, bath or quiet time.
- Be consistent in dealing with night wakings, reassure your toddler and keep the interaction as brief as possible.
- Your fifteen-month- old may sleep 10-12 hours a night and take 2 short naps a day.

Your Toddler's Behavior

- Toddlers may struggle to do things more independently such as feeding themselves, resisting diaper changes and nap times.
- Parents may find it hard to let their child be more independent, but it becomes easier with practice. Go ahead and let your toddler feed her/himself (despite mess). Try changing the diaper without laying your toddler down, and brief isolation or "time out" is the best way of dealing with a misbehaving toddler. The following is an example of discipline with "time out".
 - 1) You've told your toddler not to open the oven door, but he ignores you.
 - 2) With a calm but firm voice say "No, Do not open the oven door.", then pick him up with his back toward you.
 - 3) Remove all toys from crib or playpen, put him in it, then leave the room.
 - 4) Wait for a short while or until his crying stops to return to him.
 - 5) Use time out at this age for only about 1 minute. When time out is used consistently it works very well.
- Harmless unacceptable behavior such as tantrums, should be ignored.
- Structure your toddlers environment so that situations or objects that could cause problems are eliminated.

Discipline

- All parents need to show love, respect, affection and praise more than disapproval and punishment
- Your toddler has a limited understanding of good and bad and does not understand rules and warnings.
- Learn to recognize when your toddler is tired, hungry, sick or in unfamiliar settings, there may cause changes in his behavior.
- Always be calm and consistent with any form of discipline.

Parents should never resort to punishment that physically or emotionally hurts their child. Spanking, slapping, beating, and screaming at children of any age does far more harm than good.

Here are some of the main reasons why this is true:

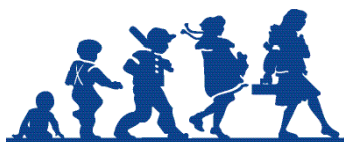
- 1) Spanking and yelling teaches a child that it is okay to hit and yell when he is upset or angry. Children who are hit often become hitters themselves.
- 2) Physical punishment can harm your child. Some parents may slap even harder as they become more angry and frustrated.
- 3) Physical punishment makes the child angry at the parent. Anger does not promote development of self discipline and may cause the child to continue the inappropriate behavior without getting caught.
- 4) Spanking and yelling are extreme forms of attention. This action tells the child he has gotten through to his parent. This type of punishment may actually promote bad behavior.

Safety Tips

- Use safety caps on all medicines.
- Store all household products and medicines out of your child's reach.
- Poison Control number for N.C. 1-800-848-6949 (1-800-84-TOXIN)
- Purchase Activated Charcoal and/or Syrup of Ipecac. Use only if instructed by physician or Poison Control.
- Use locks on doors that could cause danger to your child. Use gates on stairs and guards on windows above the first floor.

Continued

- A safe place for a toddler while a parent is cooking, eating, or distracted is the crib, playpen, or high chair.
- Never leave hot items, food or beverages within your child's reach.
- Reduce the temperature of your hot water heater to 120°- 130°F
- If your toddler gets a burn 1.) rinse with cold water immediately 2.) cover the burn with a clean bandage or cloth 3.) call your doctor.
- Never leave your child alone in the bathtub, around swimming or wading pools or any other water.
- Use sunscreen with an SPF of at least 15.
- Check your smoke detectors.
- Your child should be in a properly installed child safety seat, facing forward in the back seat.



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