

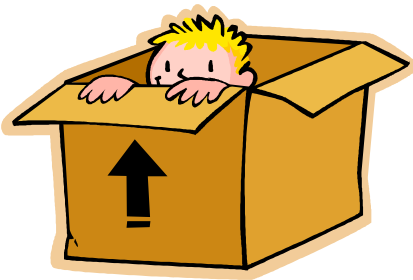
Baton Rouge Clinic Pediatrics

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FIFTEEN MONTHS

DEVELOPMENT

Your toddler is now beginning to enjoy periods of independence. He may act strong-willed when he wants something and those temper tantrums may be escalating. Many times at this age "NO" seems the only word you say to him. Try to choose those times you say "NO" carefully. Stay firm and consistent on the things that may cause him harm- he will begin to test you to see if the rules change. If you give in even once, he will take it as permission to keep doing it, now matter how many times you say no. Redirection is



the best way to handle a toddler's persistence, and if this does not work, ignore the tantrum that will likely follow. Your toddler should be walking well now, she should be able to creep up stairs if given the opportunity, and she should be able to stoop to pick up something off the floor and stand up again without falling. He should be able to build a tower of two blocks and imitate your scribble on a piece of paper. She should be able to say at least three

to five words at this age and be saying lots of unintelligible words (jargon). She should also be pointing at objects to get your attention or have you label them.

Vaccines Today

- MMR- Measles, Mumps and Rubella
- VARICELLA- chicken pox
- HiB- hemophilus influenza- meningitis
- INFLUENZA- October through February

NUTRITION

Toddlers require very little food at this age and will sometimes seem to grow on air. They frequently eat one good meal a day- most often breakfast- and will mostly "snack" throughout the rest of the day. They often skip meals completely or eat well for a few days then eat little for a week. This is normal. Healthy children have an innate ability to know what their body needs and when it needs it. As long as you are providing healthy choices, your child will get all the nutrients he needs. Instead of concentrating on getting in the four basic food groups each day, your aim should be to get these in over a one to two week period. Keep juice intake to a maximum of 8 ounces per day and milk to under 28 ounces per day to stimulate the appetite for other foods. Try to encourage the use of a spoon or fork, but most toddlers cannot master this until around eighteen months. Try to eliminate the bottle soon if you have not already. Fluoride, and possibly a multivitamin with iron, are necessary at this age.

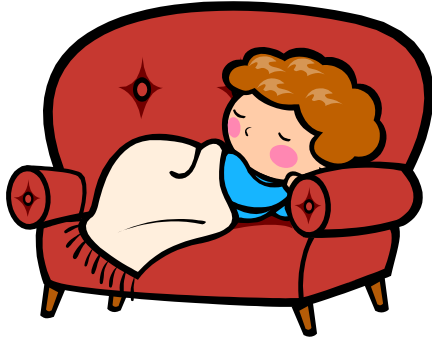
Children's Tylenol dose:
_____ml
every 4-6 hours

Children's Motrin dose
_____ml
every 6-8 hours

Sleeping

Most toddlers should be transitioning to one longer nap per day around 15-18 months. Your baby should be sleeping through the night from 10-12 hours in his own bed. If you're having difficulty

in this area, you're not alone! Ask if you need help! Be aware that some babies can figure out how to climb out of the crib at this age. Make sure the mattress is positioned at the lowest setting and remove bumper pads so she can't get a boost from them.



Teething

The first molars will be erupting soon and are usually uncomfortable for most toddlers. Tylenol may be used periodically for discomfort, and break out those chilled teething rings if he begins to start chewing on everything. This is a time when he may start to bite others. It is very common at this age and your child may be on the giving or receiving end if she is around other toddlers. The best response is a separation or time-out. Ask us if you are having difficulty with this. Your toddler should start imitating tooth brushing and you should clean his teeth daily with minimal or no toothpaste. "Training toothpaste" or non-fluoridated toothpaste is fine.

Safety

Your toddler should be properly restrained in her car seat for every trip. Remember to provide him with a safe environment to explore. Put gates on stairs where necessary, and be careful of wall heaters and floor furnaces. Be extra careful in the kitchen and turn pot handles to the wall. Never hold your baby while you are cooking. Lock away all medicines and cleaning supplies. Never store chemicals or gasoline in drink containers of any kind. Keep the number for Poison Control by the phone of all caregivers in case of an emergency. Don't let your guard down around older siblings' toys and have them play with small objects in a closed room away from curious toddlers. Remember to watch curling irons, etc., check the batteries in the smoke detector and keep the water heater to 120 F.

According to the National Poison Control Center, the top three poisonings in children occur with:

1. Cosmetics/personal care products
2. Cleaning substances
3. Pain medication/fever reducers

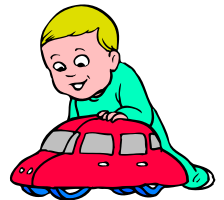
Watch your toddler closely!!

Immunizations

Today your child will receive the **MMR** (measles, mumps and rubella) vaccine, the **Varicella**, or chickenpox, vaccine, and the last **HiB** booster. October through February, your child should receive the **Influenza** vaccine. There should be minimal immediate reaction, but side effects to the MMR/Varicella vaccine(s) may be noticed in 7-10 days. You may notice a splotchy, red rash under the skin that worsens when he is overheated or after a bath. You may notice a fever, with or without the rash, and there may be a little more irritability than normal. Your child will not be contagious and there is nothing you need to do about the rash. It usually disappears within one week. You may give Tylenol dosed for your child's weight for fever or fussiness if necessary. Rarely, the chicken pox vaccine may cause a few small bumps or blisters 7-30 days after the injection. If this occurs, call the office.

Until next visit:

The emergence and development of pretend play is crucial to this age. Your toddler should begin to not only imitate you, but over the next few months, begin to develop an imagination—pretending to feed baby dolls, pretending to work the tractor, pretending to cook pancakes, etc. Help your child's developing imagination by playing along and creating an environment that encourages imaginative play!



Your baby's next well visit will be at 18 months old unless we have discussed something different. See you then!