

Fifteen Month Check Up



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Cedar Park, Texas 78613
Phone: 512-336-2777

Length: _____ Weight: _____ Head Circumference: _____

IMMUNIZATIONS

It is common for children to experience some discomfort from today's Vaccine. The Following are NORMAL side effects.

- _ Soreness, redness, swelling, tenderness where shot is given
- _ Fever (usually low grade)

For relief, you may apply ice for first 24 hours/and Tylenol _____ dosage

Received vaccines to prevent:

- Dtap Hib Hepatitis A Hepatitis B Influenza Prevnar Polio Varicella (Chickenpox)
- MMR Other _____

SHOULD YOUR CHILD EXPERIENCE

- _ Streaking @ Site of Injection
- _ Difficulty breathing
- _ Hoarseness or Wheezing
- _ Swelling of the throat
- _ Weakness
- _ Fast heart beat
- _ Dizziness
- _ Hives

CONTACT THIS OFFICE IMMEDIATELY 512-336-2777

Nutrition

Your child should be learning to feed himself. He will use his fingers and may start using a spoon. This will be messy. Make sure to cut the food into small pieces so your child will not choke. Children need nutritious snacks such as cheese, fruit, & vegetables. Do not use food as a reward.

Most toddlers should be using a cup only. If your child is still using a bottle, it may cause problems with his teeth & may cause ear infections. A child at this age will be sad to give up a bottle, so try to replace it with another treasured item—perhaps a teddy bear or blanket.

Healthy Eating Trips

1. Liquid Intake:

- Milk: Your child should drink at least 12-16 ounces a day of whole cow's milk. Greater than 24 ounces a day can lead to anemia & a decreased appetite. Dietary fat is important for brain growth and therefore, your child is too young for low-fat milk. Try to offer milk at every meal. If your child will not drink milk, offer milk products such as cheese & yogurt.
- Soft Drink, Fruit Drinks, Sports Drinks: These are not appropriate for this age group. Offer water.
- Cup Training: Your toddler should be able to drink all of his liquids from a cup. It is time to completely discontinue the bottle since bottle use can cause cavities and possibly ear infections.

It may be helpful to put only water in the bottle so that your child will lose interest. Sippy-cups (cups with a lid & spout) can also cause cavities if you allow your child to use them all day long. Save them for snacks & meals only. Cups with straws will reduce tooth exposure to drinks.

2. **Fruits & Vegetables:** Offer 2-3 servings of each fruits & vegetables to your toddler every day. While the amount of food eaten on any given day can vary greatly, a reasonable goal for total fruits & vegetables a day is 1 cup- 1 ½ cups a day. One cup would be 4 servings & 1 ½ cups is 6 servings.
3. **Grains:** Make sure that at least half of your child's grains are whole grains.
4. **Iron-Containing Foods & Anemia:** Iron stores during the 1st year of life are typically sufficient. Breast-milk, iron-containing formulas, & iron-fortified cereals help ensure adequate iron intake during the 1st year.
 - Now that your toddler is entering her 2nd year, she will need to depend on different foods for her iron. Red meats, poultry, & fish all provide easily absorbable iron. Vitamin C aids in iron absorption, so offering citrus fruits at meals & snacks is helpful.
 - Excessive milk at this age can cause anemia. Limit milk to 24 ounces or less per day: 12-16 ounces is all that is needed to supply the calcium that your toddler needs.
5. **Snacks:** Offer nutritious bite-sized snacks such as fruit, cottage cheese, string cheese, whole-grain crackers, Cheerios or other iron-fortified non-sweetened cereals, & bits of meat. Avoid high calorie, poor nutrition foods such as cookies, soda, candy, & French Fries.

Mealtime tips:

Family meals are important for your child. Let her eat with you because this helps her learn. Organize your child's routine around 3 meals & 3 snacks a day.

Toddlers enjoy feeding themselves, even though this can be very messy. Do not expect much from your toddler's table manners. It is best at this age to be patient & to realize that your child will become more proficient at mealtimes as he approaches 2 years of age. Here are some tips:

- Use highchairs with spill-proof trays or booster chairs for larger children
- Use large bibs & have a sponge or paper towel ready for spills
- Pour small amounts (1-2 oz) into the child's cup to prevent large spills
- Do not punish a child for a misdeed during mealtime. Take the food away.
- Try to make positive statements such as "green beans go in your mouth" when the child throws food on the floor

THE FOOD GUIDE PYRAMID

The U.S Department of Agriculture publishes a “Food Guide Pyramid” that is a general guideline of foods important for a healthy, balanced Daily diet. The following is a modification of the USDA Food Pyramid for children age 12-23 months.

Dairy Group	3-4 servings	Milk (whole milk)-1/2 cup (4 oz) Cheese-1/2 oz. Yogart-1/4 cup (2oz)
Meat and Others Proteins	2 servings	Meat, Fish or Poultry-1 ounce (about ¼ the size of a deck of cards) Eggs- ½ Beans-1/4 cup (cooked)
Fruit	2-3 servings	Canned or Frozen Fruit (in natural juice, not syrup)-1/4 Fresh Fruit-1/2 of small sized fruit
Vegetables	2-3 servings	Cooked Vegetables -1/4 cup (2 oz or 4 TBLS) Raw vegetables are not appropriate at this age, as they are a choking hazard.
Grains -at least half should be whole-grain	4-6 servings	Bread-1/2 slice (preferably whole grain) Cooked Cereal, Rice, Pasta-1/4 cup Dry Cereal-1/3 cup Crackers-2 to 3 (Preferably whole grain)

Development

Toddlers are very curious and want to be the boss. This is normal. If they are safe, this is a time to let your child explore new things. As long as you are there to protect your child, let him satisfy his curiosity. Stuffed animals, toys for pounding, pots, pans, measuring cups, empty boxes, and Nerf balls are some examples of toys your child may enjoy.

Toddlers start to have temper tantrums at about this age. Trying to reason with or punish your child may actually make the tantrum last longer. It is best to make sure your toddler is in a safe place and then ignore the tantrum. You can best ignore by not looking directly at him and not speaking to him or about him to others when he can hear what you are saying.

Toddlers may want to imitate what you are doing. Sweeping, dusting, or washing play dishes can be fun for children.

Normal development: 15 Months

Reading to your child should be a part of every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

Screen Time Recommendations

Helping children develop healthy media use habits early on is important. The American Academy of Pediatrics recommends the following guidelines:

- For children younger than 18 months of age, use of screen media other than video-chatting, should be discouraged.
- Children ages 18-24 months may be introduced to high quality programming/apps if parents use them together with their children. Children learn best when interacting with parents/caregivers.
- For children older than 2 years, limit screen use to no more than 1 hour per day of high quality programming. Co-viewing with your child is recommended.
- All children and teens need adequate sleep, physical activity, and time away from media. Designate media-free times to be together as a family and media-free zones. Children should not sleep with electronic devices in their bedrooms, including TVs, computers, ipads and smartphones.
- Parents are encouraged to develop personalized media use plans for their children taking into account each child's age, health, personality and developmental age. Plans should be communicated with caregivers and grandparents so that media rules are followed consistently.

Safety Tips

Avoid Choking and Suffocation

- Keep plastic bags, balloons, and small hard objects out of reach
- Use only unbreakable toys without sharp edges or small parts that can come loose
- Cut foods into small pieces. Avoid foods in which a child may choke (popcorn, peanuts, hot dogs, gum)

Prevent Fires and Burns

- Keep lighters and matches out of reach
- Do not let your child play near the stove
- Use the back burners on the stove with the pan handles out of reach
- Turn the water heater down to 120 degrees F.

Car Safety

- Never leave your child alone in the car
- Use an approved toddler car seat correctly and wear your seat belt

Pedestrian Safety

- Hold onto your child when you are around traffic
- Supervise outside play areas

Prevent Drowning

- Never leave an infant or toddler in a bathtub alone—NEVER
- Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down, never leave water in an unattended bucket, and store buckets upside down.

Poisons

- Keep all medicines, vitamins, cleaning fluids, etc. locked away.
- Put the poison center number on all phones.
- Purchase all medicines in containers with safety caps.
- Do not store poisons in drink bottles, glasses, or jars

Immunizations

At the 15-month visit, your child may receive shots. Your child may run a fever and be irritable for about 1 day and may have soreness, redness, and swelling in the area where the shots were given. You may give acetaminophen drops (0.8 ml, every 4-6 hours) to prevent fever and irritability. For swelling or soreness, place a wet, warm washcloth on the area of the shots as often and as long as needed to provide comfort.

Call your child's physician if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability
- Your child has a fever that lasts more than 36 hours.

If your child received either the measles-mumps-rubella (MMR) or the varicella vaccine, please note: A small number of children get a rash & fever 7 - 14 days after these shots. The rash usually appears on the main body area & last 3 days.

Call your child's physician immediately if:

- The rash changes to purple spots.

Call your child's physician within 24 hours if:

- The rash becomes itchy.
- The rash lasts more than 3 days.

Your Child's next visit should be at age 18 months. Please bring your child's immunization record with you to all visits.

Visit our Website at
www.cedarparkdoctors.com

Car Safety Seats: Information for Families

Motor vehicle crashes remain the leading cause of death for children ages four and older. New research into the effectiveness and safety of car seats found that children are safer in rear-facing car seats. Because of this, the American Academy of Pediatrics has recently updated their recommendations regarding car seat use. They now advise that children should ride rear-facing until age two and that older children use a booster seat until at least age eight.

The American Academy of Pediatrics also recommends the following overall guidelines regarding car safety use:

Infants should ride rear-facing until age two or until they reach the highest weight or height allowed by the car seat's manufacturer. When children reach the highest weight or length allowed by the manufacturer of the infant-only seat, they should continue to ride rear-facing in a convertible seat. We no longer advise facing forward at twelve months of age and twenty pounds, as was the previous recommendation.

It is best for **toddlers/preschoolers** to ride rear-facing as long as possible to the highest weight and height allowed by the manufacturer of their convertible seat, preferably until age two. When they have outgrown the seat rear-facing, they should use a forward-facing seat with a full harness as long as they fit.

Booster seats are for older, **school-aged children** who have outgrown their forward-facing car safety seats. Booster seats help position the lap and shoulder belt properly. Children should stay in a booster seat until adult belts fit correctly. Most children will need a booster seat until they are 4 feet 9 inches tall and are between the ages of eight and twelve.

Older children who have outgrown their booster seats should ride with a lap and shoulder seat belt in the back seat until thirteen years of age. The shoulder belt should lie across the middle of the shoulder and chest and should not be against the neck. The lap belt should fit low and snug over the child's hips and upper thighs, not across the abdomen.

Not only are the above guidelines for your child's safety, it's **TEXAS LAW!**

Under the "Child Passenger Safety Seat Systems" Law, it is an offense if an adult transports a child who is shorter than 4'9" tall and does not keep the child secured in a safety seat system. In addition, it is also an offense if a child who is greater than 4'9" tall is not restrained with a seat belt. A violation of this law can lead to a hefty fine.

It is absolutely essential that **ALL CHILDREN YOUNGER THAN 13 YEARS OF AGE RIDE IN THE BACK SEAT!** An air bag deployed in the front seat can seriously injure or kill children younger than 13 years of age. Remember, even a low velocity "fender-bender" can deploy a front airbag and seriously injure a child in the passenger seat.





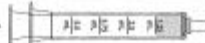
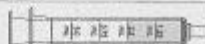
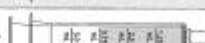














Children should ride restrained for EVERY trip, no matter how short. Remember, it's your child's life you could be saving so **buckle up!**

Infants', Children's and Jr. TYLENOL®

Dosing Information for Healthcare Professionals

Use this chart to determine the proper dose of TYLENOL® for your patient. If possible, use weight to dose; otherwise use age.

DOSE — Give your patient the dose indicated below every 4 hours as needed. Do not give more than 5 doses in 24 hours.

		 Infants' TYLENOL® Oral Suspension Active Ingredient: Acetaminophen 160mg (in each 5mL or 1 tsp) Use only as directed.	 Children's TYLENOL® Oral Suspension Active Ingredient: Acetaminophen 160mg (in each 5mL or 1 tsp) Use only as directed.	 Children's TYLENOL® Meltaway Chewable Tablets Use only as directed. Active Ingredient: Acetaminophen 80mg (in each tablet)	 Jr. TYLENOL® Meltaway Chewable Tablets Use only as directed. Active Ingredient: Acetaminophen 160mg (in each tablet)
Weight (lbs)	Age				
6-11 lbs	0-3 mos	1.25 mL 	—	—	—
12-17 lbs	4-11 mos	2.5 mL 	—	—	—
18-23 lbs	12-23 mos	3.75 mL 	—	—	—
24-35 lbs	2-3 yrs	5 mL 	5 mL (1 tsp) 	2 tablets 	—
36-47 lbs	4-5 yrs	—	7.5 mL (1½ tsp) 	3 tablets 	—
48-59 lbs	6-8 yrs	—	10 mL (2 tsp) 	4 tablets 	2 tablets 
60-71 lbs	9-10 yrs	—	12.5 mL (2½ tsp) 	5 tablets 	2½ tablets 
72-95 lbs	11 yrs	—	15 mL (3 tsp) 	6 tablets 	3 tablets 

Remind parents and caregivers to:

- Read and follow the label on all TYLENOL® products
- Take every 4 hours as needed
- Do NOT exceed more than 5 doses in 24 hours
- Do NOT use with any other product containing acetaminophen
- Keep all medicines out of the reach of children
- Do NOT administer adult medicines to children
- Use only the dosing device that comes with a specific product:
 - Infants' TYLENOL® Oral Suspension — enclosed SimpleMeasure™ syringe
 - Children's TYLENOL® Oral Suspension — enclosed measuring cup

- Children's TYLENOL® Meltaway Chewable Tablets are not the same concentration as Jr. Strength TYLENOL® Meltaway Chewable Tablets. Jr. TYLENOL® Meltaway Chewable Tablets contain 160mg of acetaminophen, while Children's TYLENOL® Meltaway Chewable Tablets contain 80mg of acetaminophen
- All Infants' and Children's TYLENOL® Oral Suspension products in stores have the same acetaminophen concentration (160mg/5mL)



Advil®

Relief you can trust

Measure dosing only with the device that comes with the product.



Available in three flavors!
• Fruit • Grape • Blue Raspberry



	Infants' Advil® Concentrated Drops for ages 6-23 months	Children's Advil® Suspension for ages 2-11 years	Advil® Tablets Advil® Liqui-Gels® for ages 12 and up
Active ingredients	Ibuprofen 50 mg (NSAID)* in each 1.25 mL	Ibuprofen 100 mg (NSAID)* in each 5 mL	Ibuprofen 200 mg (NSAID)* in each tablet
Indications	Fever reducer, relieves minor aches and pains due to cold, flu, headaches, and toothaches	Fever reducer, relieves minor aches and pains due to cold, flu, sore throat, headaches, and toothaches	Fever reducer, relieves minor aches and pains due to headache, toothache, backache, menstrual cramps, cold, muscular aches, minor pain of arthritis

Patient Dosing	Weight		Age		Infants' Advil® Concentrated Drops	Children's Advil® Suspension	Advil® Tablets or Liqui-Gels®
	under 6 months						
	12-17 pounds	6-11 months	do not use	do not use	do not use	do not use	do not use
	18-23 pounds	12-23 months	1.25 mL [†] every 6-8 hrs not to exceed 4 doses/24 hrs	do not use	Use Infants' Advil® Concentrated Drops	do not use	do not use
	24-35 pounds	2-3 years	1.875 mL [†] every 6-8 hrs not to exceed 4 doses/24 hrs	↓	Use Children's Advil® Suspension	1 tsp [†] every 6-8 hrs not to exceed 4 doses/24 hrs	Use Children's Advil® Suspension
	36-47 pounds	4-5 years	↓	↓	Use Children's Advil® Suspension	1½ tsp [†] every 6-8 hrs not to exceed 4 doses/24 hrs	↓
	48-59 pounds	6-8 years	↓	↓	Use Children's Advil® Suspension	2 tsp [†] every 6-8 hrs not to exceed 4 doses/24 hrs	↓
	60-71 pounds	9-10 years	↓	↓	Use Children's Advil® Suspension	2½ tsp [†] every 6-8 hrs not to exceed 4 doses/24 hrs	↓
	72-95 pounds	11 years	↓	↓	Use Children's Advil® Suspension	3 tsp [†] every 6-8 hrs not to exceed 4 doses/24 hrs	↓
		12+ years	Use Advil® Tablets or Liqui-Gels®	Use Advil® Tablets or Liqui-Gels®	Use Advil® Tablets or Liqui-Gels®	Use Advil® Tablets or Liqui-Gels®	1 or 2 tablets [‡] every 4-6 hrs not to exceed 6 tablets/24 hrs

*Nonsteroidal anti-inflammatory drug.
[†]Measure dosing only with the device provided.
[‡]If pain or fever does not respond to 1 tablet, 2 tablets may be used.

Please refer to drug facts on the product label for complete warnings.

Important Instructions for Proper Use

- Read and keep the cartons for complete warnings and information on Advil® products
- Remind patients that if they are taking other drugs containing prescription or nonprescription NSAIDs (aspirin, ibuprofen, naproxen, or others), they should consult with you before taking any Advil® products
- Measure dosing only with the device provided
- Adult strength medicines should not be administered to children
- Products contain other ingredients. Please see full ingredient list on each package

Visit advil.com for drug facts, product updates, and additional information.