



Wellness Check Informational Handout

15 Month Check-Up

Immunizations

The following vaccinations will be provided today as long as your child is up-to-date on their vaccines:

Daptacel (DTap #4)	Vaxneuvance #4 (Pneumococcal)	ActHib (Hib #4)
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It is common for children to experience some discomfort from today's vaccines.

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 the first 24 hours and give Tylenol (please see dosage table located towards the back of this packet)

Should your child experience: Streaking at the site of injection, difficulty breathing, hoarseness, wheezing, swelling of the throat, weakness, fast heartbeat, dizziness, or hives **CONTACT OUR OFFICE IMMEDIATELY.**

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 fruit, vegetables, and cheese. 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.

Liquid Intake:

- **Milk:** Your child should drink at least 12-16 ounces a day of whole cow's milk. More than 24 ounces a day of milk can lead to anemia & a decreased appetite in general. Dietary fat is important for brain growth & thus, your child is too young for low-fat milk. Offer milk at every meal. If your child will not drink milk, offer milk products such as cheese and yogurt.
- **Soft Drinks, Fruit Drinks, & Sport Drinks:** not appropriate in this age group. Offer water between meals.
- **Cup training:** Your toddler should be able to drink all of his liquids from a cup. It's time to discontinue the bottle; prolonged bottle use causes cavities. One way to help wean off the bottle is to put only water in the bottle so your child will lose interest. Sippy-cups (cups with a lid and spout) can also cause cavities if you allow your child to use them all day long. Save them for snacks and mealtimes. Cups with straws will reduce the exposure of the teeth to the beverage as your child drinks.

Fruits & Vegetables:

Offer 2-3 servings each of fruits and vegetables every day. While amounts of food eaten on any given day can vary tremendously, a reasonable goal for total fruits & vegetables a day for your toddler is 1 cup to 1 ½ cups a day. A cup equals 4 servings & 1 ½ cups equals 6 servings.

Grains:

Make sure at least half of your child's grains are whole grains.

Iron-Containing Foods/Anemia:

- Iron stores during the 1st year of life are generally very good. Breast-milk, iron-containing formulas, and iron-fortified infant cereals all help to ensure adequate iron intake during the first 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 helps iron absorption, so offering citrus fruits at meals or snacks help. Limit milk to 24 ounces or less a day; 12-16 ounces is all that is needed to supply the calcium that your toddler needs. Excessive milk at this age can cause anemia.
- If your child is not a meat-eater or you have concern about your child's iron-intake, do not hesitate to give a daily supplemental vitamin with iron, such as Poly Vi Sol with Iron or Vidaylin with Iron drops. Iron supplements may discolor teeth so it is best to brush teeth or rinse the mouth after each dose. One to 2 servings a day of infant cereal is another way to provide iron supplementation to your toddler. The infant cereals are more iron-rich than regular cereals.

Snacks:

Offer nutritious, bite-sized snacks such as fresh fruit, fruit canned in natural juice, cottage cheese, string cheese, whole-grain crackers, Cheerios or other iron-fortified unsweetened cereals, avocado, and bits of meat. Avoid high-calorie, poor nutritious foods such as cookies, donuts, candy, and French fries.

Meal Time 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

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.

In certain situations, provide your child with two appropriate options to choose from in order to allow them to have a sense of control and keep them safe. For example, "Would you like to put on your crocs or tennis shoes before going outside?" instead of "You cannot go outside until you put your shoes on."

Toddlers start to have temper tantrums around 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. If you find yourself repeating the word "no" or disciplining your child frequently for one thing in particular, see if there is a way to modify the environment to prevent your child from that behavior.

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

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.

Dental Tips

1. Do not allow children to use sippy cups throughout the day. Save them for snacks and meals. If you choose to give high-sugar beverages such as juice, limit the amount to less than 4oz and it is best to serve it in a cup with a straw.
2. Discontinue bottle use.
3. Use a dab of fluoridated toothpaste & a soft child-sized toothbrush for daily cleaning once your child has 7- 8 teeth. If your toddler has less than 7 teeth, use a soft infant toothbrush to gently brush teeth and gums. Try to brush your baby's teeth twice a day.
4. Once you are sure that your toddler will spit, not swallow, toothpaste, begin using toothpaste with fluoride. Use a pea-sized amount of toothpaste to limit the amount that he can accidentally swallow.
5. Cheese is excellent when eaten at the end of a meal or as a snack. Cheese is a good source of calcium. In addition, Cheddar, Swiss, and Mozzarella stimulate saliva flow, which helps clear the mouth of food and neutralizes acid.
6. For more information you may visit the American Academy of Pediatric Dentistry's website at www.aapd.org.

Safety

Avoid Choking & 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 & 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

Car Safety Recommendations

We highly recommend following the recommendations provided by the American Academy of Pediatrics:

- **Infants and toddlers:** keep in a **rear-facing car safety seat** until they reach the highest weight or height allowed by the car safety seat manufacturer. It is important to keep your child rear-facing for as long as possible. This is a change from the previous recommendation and your child will be rear facing until at least age two.
- **Preschool and early school-age:** children who have **outgrown the rear-facing weight or height limit** for their car seat should **switch to a forward-facing car safety seat** with a harness. They should remain in this seat for as long as possible and until they reach the highest weight or height allowed by their car safety seat manufacturer.
- **School-age:** children who have outgrown the forward-facing car safety seat should use a **belt-positioning booster seat** until the lap and shoulder seat belt fits properly. The seat belt typically fits properly when they have reached 4 ft 9 inches in height and are between the ages of 8 and 12 years.
- **Older school-age:** when the seat belt alone fits properly, they should always use lap and shoulder seat belts for optimal protection.
- **All children less than 13 years:** must remain in the rear seats of vehicles no matter what. An airbag deployed in the front seat can seriously injure or kill children under the age of 13 years.
- **Winter season:** Do **not** restrain your child while he or she is wearing a thick winter jacket.
- **Important:** Have your child buckle up for **every** trip, no matter the length of time.

Next Appointment

Your baby's next appointment is at 18 months of age. Check out our website for additional resources regarding your child's health.

