



Watching you grow!

Name: _____

Date: _____

Weight: _____ %

Height: _____ %

Head circumference: _____ %

Well-child exam: 15 months

Nutrition

- Your toddler probably eats three meals a day, but it is OK to offer 5-6 smaller meals a day. Your toddler needs foods from the basic food groups:
 - Dairy: milk, cheese and yogurt
 - Protein: beans, eggs, fish and meat
 - Fruit
 - Green, orange and yellow vegetables
 - Grains: breads, cereal, potatoes and rice
- Your toddler now can eat all table foods and drink up to 16-20 oz. a day of whole cow's milk.
- Give healthy foods that can be chewed easily. Avoid foods that can cause choking, such as whole hot dogs, raw vegetables, nuts and popcorn. Cut grapes and hot dogs into small pieces, lengthwise **and** crosswise.
- Toddlers should sit still while eating and swallow all food before leaving the table or high chair.
- Encourage your toddler to eat with the family by serving him in a high chair or booster seat at table height. A toddler most often will eat better when others are eating at the table with him.
- Toddlers typically eat a lot one time and not much the next. Offer your child nutritious foods and let him decide what and how much to eat. Do not limit the menu to only foods he likes, let him try a variety.
- Limit fruit juice to 4-6 ounces daily and none at bedtime.
- Recommended Vitamin D intake is 600 IU daily. Recommended calcium intake is 700 mg daily.
- Other vitamins are not necessary if your child is eating a variety of foods.
- Make meal times a pleasant family environment and encourage conversation.
- Children should be scheduled for a dental visit within six months of the first tooth, but no later than 12 months of age. As soon as your baby has a tooth, you may brush two times a day with a smear (size of grain of rice) of fluoride toothpaste on a child-size toothbrush with soft bristles. Start flossing when two teeth surfaces touch.
- Food should be used as nutrition, not as a pacifier or distraction.

Wetting and stooling

Most 15-month-olds have:

- 4-6 wet diapers daily
- One soft stool every 1-3 days
- Interest in watching their parents use the toilet. It is OK to have a potty chair and have him "practice" sitting on it with his diaper on.

Sleeping

- Your toddler should sleep 10-12 hours at night and 1-3 hours in the afternoon. Consistent, pleasant and predictable bedtime routines promote good sleep habits that can last a lifetime.
- A security object, such as a favorite blanket or stuffed toy (with no removable small parts) may give added comfort to your toddler.
- Reading to your toddler at bedtime fosters language development and decreases bedtime problems.

Illness

- Expect an average of 6-8 upper respiratory infections per year.
- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase your child's risk of becoming infected with resistant strains of bacteria.
- Prevent transmission of illness by keeping your child home until diarrhea or fever has been gone for 24 hours unless otherwise directed by your child's provider.
- Family members should wash hands frequently.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

Growth and development

- Children develop at their own rate. Your toddler may:
 - Say 4-10 words besides “mama”
 - Mostly feed himself
 - Stand alone and walk
 - Roll or toss a ball
 - Drink from a cup without spilling too much
- Your toddler wants to feed himself and explore the world on his own. This emerging independence is part of normal development.
- Encourage your toddler with immediate and enthusiastic reinforcement for acceptable behavior. Give more “yes” than “no” messages. Praise good behavior. Spanking is **not** an effective technique of teaching.
- Teach appropriate behavior by setting firm and sensible limits. When he exceeds the limit, give a simple message, such as “no,” then remove him from the potential danger.
- Read books daily, sing and talk to your toddler about what you are seeing and doing.
- Encourage your toddler to repeat words. Respond with excitement at his attempts to imitate your words.
- Listen to and answer your child’s questions.
- Share lots of hugs and kisses.
- Television/video screen time is **not** recommended for children under 2 years of age.

Positive parenting

Your toddler may want to be independent one minute and a baby the next. Help your toddler develop by:

- Ignoring tantrums or holding your child gently, but firmly to help him gain control
- Setting a few simple, clear rules and being consistent with him
- Accepting that he is not yet ready to share

Safety

- Use a rear-facing car seat in the back seat until your baby is 20 pounds **and** 2 years old. (AAP guidelines 4/09.) Consult your car seat manual for weight and height limits. Most infant car seats have a 20-pound limit. When your baby weighs 20 pounds, switch to a rear-facing, convertible seat that holds up to 30-35 pounds.
- **Never** leave your child alone in the car – even for a few minutes.
- Use safety gates at the top and the bottom of stairs and have safety devices on windows.
- **Do not** give your toddler plastic bags, latex balloons or small objects. Be aware of items that can cause choking; such as buttons, toy parts, batteries, coins or hard candies.
- Use safety latches on drawers and cabinets and cover electrical outlets with protective covers.
- Smoke and carbon monoxide detectors in the home should be in working order.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.childrensmn.org
www.chop.edu
www.ecbt.org
www.healthychildren.org
www.kidshealth.org
www.helpmegrowmn.org
www.parenting.umn.edu
www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm



Community resources:

Child passenger safety seat inspections (free)

Call 320-229-5139 for an appointment or visit www.buckleupkids.state.mn.us for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1, 651-291-0211 or 800-543-7709.

Crisis Nursery

An adult in crisis affects a child’s world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call 320-654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call 800-222-1222.

- Supervise your child constantly whenever he is in or around water, buckets, the toilet or the bathtub. A locked fence with a self-closing, self-latching gate should surround a pool.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every two hours or according to manufacturer instructions. Toddlers should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent to skin and clothing to protect your child. (Avoid eyes.)
- Keep all household cleaners and medicines in high places or in a locked cabinet. Keep garage areas safe.
- Children in a bicycle carrier or safety seat should wear a bike helmet as well as you.
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- **Never shake your child.** If you become too upset, put your child in a safe place, such as a crib, and do not pick him up until you are calm. Call the clinic or 911 if you feel you may hurt your child.