

Behavior Issues

- Keep the same bedtime routine every night.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org.
- Discipline is the process of teaching civilized behavior, not just giving punishment.
- Distract your child from annoying behavior. In dangerous situations make eye contact, say 'No' firmly, then remove them from the situation.
- Avoid situations where they will be tempted to misbehave.
- Keep rules simple and consistent. Show them what you want them to do. Be a role model.
- Spanking teaches aggression.
- Praise for appropriate behavior is the most powerful reinforcement. Praise your child daily!
- Tantrums are normal. Ignore 'demand' tantrums; offer reassurance for 'frustration' tantrums until they pass. If you become overwhelmed, allow yourself a 'time-out'.

Fifteen Month Visit

We will record your child's height, weight, and head circumference. The measurements do not have to be on the average line (50th percentile) to be "normal." Babies typically do not grow as rapidly now as they did in the first year.

Let your doctor know today if...

- Your child does not walk yet.
- Your child does not say any words or does not wave bye-bye.
- Your child does not respond to their name when spoken softly.
- Your child avoids eye contact.
- Your child wakes at night and needs help to get back to sleep.
- You are worried about your child's growth, development, or behavior.
- You are feeling overwhelmed or sad about him or unable to enjoy being with him.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

Your next visit

At the eighteenth month visit your doctor...

- Check your child's growth.
- Discuss vaccines: Hepatitis A, influenza (seasonal), COVID. Vaccine information is available at: www.cdc.gov/vaccines.
- May discuss a blood test or the tuberculosis test (PPD).
- Please note the 18 month well visit needs to be scheduled exactly six months or more after the 12 month vaccines were given.



Weill Cornell Medicine
Primary Care

Fifteen Month Visit



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Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child including brain damage and death.
- Recommended vaccines:
 - DTaP (diphtheria, tetanus, whooping cough)
 - Hib (a type of meningitis)
 - Prevnar (pneumococcal)
 - Influenza (seasonal)
 - COVID
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the COVID vaccine.

Staying Healthy

- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Brush teeth twice daily with a spot of fluoride toothpaste (the size of a grain of rice).
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call for an office visit if your child has fever > 101 for more than 24-48 hours (other than in the 48 hours after vaccination) or sooner if they have fast or labored breathing, are not drinking well, or look very ill to you. A temperature of >105 is reason for a prompt evaluation.
- For fever or pain, your child can have acetaminophen every 4hrs. (Tylenol): “Infant’s” and “Children’s” (160mg/5mL)_____ or FEVERALL suppository_____ or ibuprofen every 6hrs (Motrin/Advil): Infant drops(50mg/1.25mL)_____ or Children’s (100mg/5mL)_____ Never give aspirin—it can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury now are car accidents, falls, fires/burns, drowning and poisoning.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, for as long as possible. Never use the front seat.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Check the window guards.
- Check the bath temperature.
- Burns result from hot drinks, items on the stove, irons, radiators, and bath water.
- Keep hot liquids out of reach.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets, and balloons. Keep all small objects out of reach.
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Baby-proof your home.
- Block the kitchen with a gate.
- Put a lock on the toilet.
- Do not use an infant walker.

Typical Development

By fifteen months most children...

- Take a few steps on their own.
- Use fingers to feed themselves some food.
- Try to use things the right way, like a phone, cup, or book.
- Stack at least two small objects, like blocks.
- Try to say one or two words besides “mama” or “dada,” like “ba” for ball or “da” for dog.
- Look at a familiar object when you name it.
- Follow directions given with both a gesture and words. For example, they give you a toy when you hold out your hand and say, “give me the toy”.
- Point to ask for something or to get help.
- Copy other children while playing, like taking toys out of a container when another child does.
- Show you an object they like.
- Clap when excited.
- Hug stuffed a stuffed doll or toy.
- Show you affection (hugs, cuddles or kisses you).

Some kids

- Climb up and down stairs.
- Climb up on furniture.
- Show fear of strangers.
- Tantrum when frustrated.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Play games with your child.
- Sing songs and play music.
- Read story books every day.
- Model loving and caring inter-actions between adults for your child to witness.
- Keep him away from violence such as loud arguments and TV.
- Avoid “educational” videos and apps.
- Give your child toys with buttons, knobs, and levers.
- Play with blocks, Duplo, and puzzles with big pieces.
- Mobile walkers are unsafe and do not help walking skills.

Good Nutrition

- Adequate calcium is found in 16 – 20 oz of cow’s milk, plus yogurt and cheese. Giving more than 24 oz of milk per day often leads to anemia, which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Give liquids in a cup. Try to phase out the bottle.
- City tap water given daily provides adequate fluoride. Occasional fruit juice helps for constipation but is not routinely recommended.
- Decreased appetite and picky eating are normal now because your child is not growing as fast as before.
- Share table foods with your child and offer them choices. Let them decide when they are done eating.
- Choking hazards to avoid include hard foods such as nuts, raw carrots, hard candy and popcorn, as well as softer foods like whole grapes and hot dogs.

Normal Elimination

- If stools become hard, give more pears, peaches, prunes, or a few ounces of juice daily.
- Excessive milk is constipating.
- Place a potty chair somewhere your child can get used to it.