

6/12/2014 15 Month Visit

Suggested Diet/Feeding Reminders

Breast milk

Milk: Two to three cups (8 ounce servings)/day

Calcium substitutes: 1 1/2 slices cheese

Meats: 2 servings daily (serving size = one ounce) Keep to low fat meats, using small bite sized pieces.

Meat substitutes: cheese, pinto and kidney beans, egg, 2 tbsp peanut butter

Fruits/Veggies: 4 servings of each daily (serving size for fruit: 1/2 small fruit, or 1/4 cup; veggies: 1/4 cup.)

broccoli, spinach, oranges, strawberries, potato, asparagus, apricots, carrots, squash, peaches are all high in Vitamin C and/or Vitamin A.

Breads/Cereals: 4 servings daily (serving size is 1/2 slice, 1/4 to 1/3 cup of cereals, noodles, or rice.)

Whole grain breads, rolls, biscuits, cornbreads, rice, pasta.

Offer the cup! Throw those bottles away!

Avoid nuts, fruits with seeds, round fruits like grapes, stringy veggies, raw carrots, popcorn, hard candy, gum or hot dogs!

Supervise mealtimes

Encourage eating with fingers and spoon

Resist sweets for baby.

Continue fluoride 0.25mg/day if not in drinking supply

Sleep Issues

Establish and keep a bedtime ritual.

Set a time for bed, with a story or quiet time before. Be firm when it comes to going to bed. Toddlers need routines!

Avoid bedtime or nighttime snacks.

Safety Issues

Always use an approved and appropriately sized car seat when traveling

Remove breakable objects from reach

Cover electric outlets, remove electric cords from reach

Choose toys carefully

Never leave your baby alone around water, not even for a second

Poison-proof your house! Poison control: 1-800-222-1222

Remove potential toxins from reach

Use stairway gates

Don't smoke around your baby

Watch out for potential burns!

Teach your child the meaning of "hot."

Driveways and sidewalks are dangerous!—always supervise

Enjoy! Baby soon should be able to:

Walk well alone; stoop/recover objects

Scribble with pencil and paper

Use jargon + 4-6 words regularly

Point to several body parts

Indicate wants by pointing

Drink well from cup, feed self

Discipline

Praise correct behaviors

Anticipate problems

If baby breaks a rule, remove him/her from the problem area and encourage another activity

Use "no" sparingly, but consistently

Remember that discipline is a form of guiding your child and teaching him/her to gain self control, to respect other's rights, and to live by society's rules.

Your pediatrician may have extra information on temper tantrums and breath-holding spells—ask her/him!!

Immunizations

MMR#1

Prevnar#4

Toilet Training—remember that it may be into the third or fourth year of life before complete success is achieved. Signs of readiness: desire to please, copy parent, walk and sit well, ability to relay urge
Be patient! Praise success

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Ask your pediatrician for details, or good resources.

Read stories to your child

Suggested toys: stuffed animals, small cars, pull toys, books.

Suggested activities: teaching body parts, drawing pictures, chasing, “rough-house” play when done gently and appropriately. Have your child do small chores, such as picking up toys

Limit TV watching, and always watch with your child to discuss what is viewed.

Excellent reading resource: [What to Expect the Toddler Years](#), by Eisenberg, Murkoff, and Hathaway

