



## WELL CHILD EXAM – FIFTEEN MONTHS

Date \_\_\_\_\_

LENGTH \_\_\_\_\_ WEIGHT \_\_\_\_\_

### DEVELOPMENT

1. Walking
2. 3-6 words, understands simple commands, knows one body part
3. Feeds self with fingers, can drink from a cup with spilling some
4. Points out what they want and points to objects to show the parent

### ACCIDENT PREVENTION

1. Car seat in back seat
2. Increases childproofing in home - cover sharp corners, remove unnecessary hazards, gate stairs and unsafe rooms (particularly bathrooms), lock cabinets that contain cleaning supplies and medications. Remember that children may be able to climb. Do not leave buckets of water unattended.
3. Lower crib mattress
4. Check water temperature
5. Close supervision near dogs, streets, driveways, lawnmowers and pools
6. Poison Control phone number 1-800-222-1222

### NUTRITION

1. Avoid choke food.
2. Offer variety of healthy food choices, allow child to self-feed and drink from cup at family mealtime. Do not force eating.
3. Offer 2-3 nutritious snacks daily
4. Limit milk to 12 to 24 ounces of whole milk daily. Limit juice to 4 ounces daily or less. Offer water.
5. Wean bottle if not off already.

### DENTAL

Clean teeth daily

### ILLNESS

Ask doctor for dosing sheets for acetaminophen, ibuprofen and over the counter cough-cold medications.

### NEXT VISIT

18 months