

15 Months

Developmental Milestones

Feeding and Nutrition

Well Child Check

Recommended Immunizations

Development Milestones

15 Months

- **By 15 months your child should be:**
 - ◆ **mastering the 12 month milestones**
 - ◆ **improving language and mobility skills daily**
 - ◆ **communicating needs and desires in a way that is easily understood**

Remember: all children grow/mature at different rates

Feeding and Nutrition

- If you haven't already started wean from bottle to cup using whole cow's milk or milk alternative
- Set designated mealtimes for the whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate
- Include many textures; plenty of fruits, vegetables, proteins, and dairy being mindful of choking hazards
- Decide when and where your mealtimes happen and offer 2-3 healthful choices
- Allow your toddler to choose which foods and how much to eat
- Always cut toddler's food in very small pieces and avoid known choking hazards such as raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Let toddler feed self using fingers, utensils, and cup
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve; this is a great way to tell if your child is getting adequate nutrition.
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

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5 servings of fruits & veggies

2 hours or less screen time 1

hour or more exercise

0 sugary drinks daily!

Well Child Check

15 Months

- ❑ **Topics to Discuss with Your Health Care Provider:**
 - ◆ separation/stranger anxiety
 - ◆ appropriately giving your child “choices”
 - ◆ when and how to discipline your toddler
 - ◆ weaning issues
 - ◆ your toddler’s first dental appointment
 - ◆ car safety
 - ◆ what items should be locked and away from children
 - ◆ smoke/Co2 detectors and hot water temperatures
 - ◆ all questions or concerns about development and home life

Recommended Immunizations

DTaP

For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:

<http://www.cdc.gov/vaccines/parents/index.html>