



Fifteen Months

As your child grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your child learn and be healthy. If you have concerns about your child's growth or development, talk to his or her doctor. More information? Use this link: <https://tinyurl.com/k443w4ax>

Your toddler can:

- Walk alone, walk backward, crawl upstairs, stack two blocks, throw a ball, scribble with a crayon
- Show affection, hug a doll or soft toy
- Say 3-6 words, point to a body part
- Understand simple commands, like "sit down"

Doctor Appointments:

- When your child has regular checkups, their doctor is able to track their growth and development. You have a chance to build a relationship of trust with your doctor and address your concerns.
- Schedule a 15 month visit with your child's doctor. She may need some immunizations. <https://tinyurl.com/js6t4zb>
- Schedule an appointment with your child's dentist. Brush his teeth at bedtime and one other time during the day with a rice sized smear of toothpaste. Ask about fluoride varnish to protect your child's teeth. <https://tinyurl.com/3t4xh5vy>

Tips:

- Limit screen time to no more than 1 hour each day.
- Limit sun exposure. Use a hat with a brim and lightweight clothes. Use a sunscreen with a least 30 SPF and reapply at least every 2 hours when outdoors.
- Always follow label instructions when using bug repellent. <https://tinyurl.com/ync3ujbp>

Keep your toddler safe

- Your child should be in a rear-facing car seat until 2 years of age. <https://tinyurl.com/olvsczo>
- Supervise your child at all times. Never leave him alone, especially near cars, stairs, or water without a mature adult in charge.
- Never shake your child, handle her roughly or yell at her.
- Restrict your child from the kitchen. Keep pan handles turned inward.
- Outlet covers, gates for stairs and cabinet locks help protect your child. Put chemicals, medications and sharp objects out of your child's reach.

Help your toddler learn:

- Read and play with your child. Point to objects or pictures and say the words. Your child may try to repeat what you say.
- Stack blocks and let your child knock them down and try to restack them.
- Let your child "help" you with household chores, like dusting, or putting away toys.
- Use positive forms of discipline such as removing your child from the situation, offering distraction, and praise of good behavior. Learn more here: <https://tinyurl.com/4f8nn6mm>

Feeding your toddler:

- Milk is still an important part of your child's diet. He has transitioned from formula to whole milk. The extra fat in whole milk supports the rapid brain development that is still taking place. He needs ounces of milk each day.
- Encourage use of a cup. Discontinue use of a bottle by 15 months.
- Your child may want to be independent. She might be messy, That's ok. Let her use her fingers and utensils to feed herself.
- Offer a variety of healthy foods. Encourage your child to try new things. Let your child decide what he will eat and how much he will eat.
- Offer three meals and 2-3 snacks each day. Your child may skip a meal or choose not to eat. That's ok. Learn more here: <https://tinyurl.com/t545ysm>

Poison Control Hotline 1-800-222-1222