

Age: 15 months old

FEEDING

Toddlers at this age should be eating 3 meals per day of toddler and/or table foods plus a couple of healthy snacks. Try to include vegetables, grains, fruits and dairy products. Avoid foods that your child may choke on including nuts, popcorn, whole grapes, hot dogs, hard candy, and gum. Encourage finger feeding (even though there will be a big mess!) and introduce a spoon and fork. Wean off the bottle and pacifier if you've not already done so.

DEVELOPMENT

Toddlers are very curious and want to be the boss. This is normal behavior. They may start having temper tantrums at this age. Trying to reason with or punish your child during temper tantrums will only make them last longer. It is best to put the child in a safe place and "ignore" the episode until it stops. Read to your child daily. Choose books with bright colors and pictures. Discourage "pointing and grunting" for things. When your child points to something, make sure you use the word before giving him what he wants. Appropriate toys at this age are blocks, balls, play telephones, soft stuffed animals, and push/pull toys.

SLEEP

Develop a bedtime routine which is the same every night. Be calm and consistent. If your child awakens during the night, check on safety and comfort and do not interact with him/her. Do not give a bottle/cup of milk or juice. You should only give water at night.

SHOES

Shoes protect the feet from injury. The ideal shoe is soft and pliable with a non-slip sole. Your child does not need shoes, however, to learn to walk.

SAFETY

To promote safety for your child:

1. Hold your child's hand at all times around traffic.
2. Turn handles of pans away from stove edge. Don't leave hot liquids or curling irons on countertops.
3. Remove or pad furniture with sharp corners. Use gates on all stairways.
4. Always use an approved car seat. After one year and 20 pounds, toddlers can face forward in the car.
5. Never leave your baby unattended in the bathtub or around standing water of any kind.
6. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
7. Don't smoke around the children.
8. Keep the poison control center number by the phone (1-800-222-1222).
9. Install safety latches on all cabinets and put covers over electrical outlets.
10. Check your smoke detectors and fire extinguishers routinely.
11. Use only unbreakable toys without sharp edges or small parts that can come loose.

IMMUNIZATIONS

Your child may receive another round of immunizations today. They may include: Hib, PCV7, DTaP, Polio, Hepatitis A, MMR (measles, mumps, rubella), and VZV (chicken pox). A small number of children will get a rash after either the MMR or VZV vaccines. Call the office if a rash

develops. Flu vaccine is recommended for all children 6-23 months. Ask your doctor about the flu vaccine.

FEVER

There is no “emergency room” fever. No specific temperature should carry you directly to the ER. Fever is our body’s way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children’s liquid	¾ tsp.	4-6 hours
24-35 pounds	infant drops	2 droppers	4-6 hours
	children’s liquid	1 tsp.	4-6 hours
36-47 pounds	children’s liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (~2ml)	6-8 hours
	children’s liquid	¾ tsp.	6-8 hours
24-35 pounds	infant drops	2 droppers	6-8 hours
	children’s liquid	1 tsp.	6-8 hours
36-47 pounds	children’s liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours

WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child’s next appointment should be at 18 months of age. Please bring your shot record with you to each well child visit.

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