



15-month check up

INDEPENDENCE:

At this age a child begins to explore and spend longer periods of time away from his/her mother. This is the age your baby will begin to show you that he/she wants to do things on their own. He/she will begin to let you know what he/she likes and dislikes. Your child will use the word "no" more often.

Your child will also begin to say words: 2-4 words by his 1st birthday, 20-40 words and 3 word sentences by his 2nd birthday. Mothers are encouraged to talk to the child and not to use baby talk. The more you talk to your child, the more words he/she will learn. Not all children are using 3-word sentences at age 2, but most children have caught up by their third birthday. Reading to your child at least 15 minutes twice a day, every day, will also increase his/her vocabulary.

A child wanting to do things for themselves can become a real problem as the child begins to explore his home. Parents need to be consistent in their approach. If a child is allowed to do something sometimes, and not other times, they will become confused. If you have the same rules all the time, the child to know exactly what he can get away with and what he cannot do. The child will remember the response and it will become a part of his/her behavior.

VITAMINS:

When your baby's back teeth have come in, you may start him on a cartoon chewable multiple vitamin with iron, such as Flintstones or Bugs Bunny vitamins, every day. If his molars have not yet come in, a liquid vitamin such as Polvisol with iron will provide what he needs.

EATING:

Your child should be weaning off the bottle at this time and using a cup on a regular basis. Children at this age know their likes and dislikes. Certain children will pick one meal per day to eat well. Never make food an issue. All children eat enough to grow if the right kinds of foods are provided. Avoid sweets and fat. Meals should be simple and balanced. What the child likes one month, may not be the same the following month. Offer healthy foods and your child will make good choices. Remember to offer water as well as juice. Sodas, candy and the fast foods should be discouraged. They lead to tooth decay and can start poor eating habits.

SELF-ESTEEM:

Here are simple steps to help you give your child a strong sense of his own worth. Build on your child's strengths. Catch him when he is doing something right and tell your child "thank you" when your child is willing and helpful. Everyone needs to be feel worthwhile and important. Give positive support for each step in the learning process. Encourage your child in learning a new task. Confidence is gained by doing, taking action and getting involved. The more new experiences your child is given, the more sure he or she will be of themselves. Children need to feel loved, capable, and competent. Start building your child's self- esteem now. It is the best gift you can give to your child and yourself.

SLEEPING:

Your child should have his own room and bed. He will sleep about twelve to fourteen hours, including a one or two-hour nap.

GROWTH AND DEVELOPMENT:

Your child will start with standing alone and will try to take steps. He/she will soon run with few falls by 24 months. His hand and finger control will continue to improve, and he can pick up small objects and feed himself. *Safety:* Because your child now wants to do things on his/her own, you need to be aware of the danger your child can get into.

WARNINGS:

Warn and protect your child from the dangers of climbing, burns and poisoning. Keep the phone number for Arizona Poison Control readily available.

IMMUNIZATION AND BLOOD TESTS:

Your child is due for a blood test for anemia. If he or she is black, a test for sickle cell anemia also needs to be done. Your child is now due for shots. Check with your doctor to make sure your child's shots are up-to-date.

SAFETY:

Discuss with your child's doctor whether your child is ready for an upright car seat. *Pool Safety:* It is important for parents to talk about pool safety with the older children to be aware of the dangers. Parents should be encouraged to take CPR training. A pool should have a five-foot fence around it with a lock on the gate.

Remove all small objects that are choking hazards, such as toys from older siblings. Place gates on stairs. Plug the electrical sockets.