

Wellness Guide at 15 Months Old

Today's Stats & Immunizations

Name: _____ Date: _____
Weight _____ / _____ % Head Circumference _____ / _____ %
Length (Height) _____ / _____ %
Combination (DTaP, IPV, Hib) _____ PCV _____ Flu _____ Other: _____

Notes: _____

Follow-up Appt: _____

Next Well Child Appt: _____
(18 Months Old)

Next Immunizations:
Hepatitis A, Flu (annually), COVID (as eligible)

HELPFUL TIPS FOR THIS STAGE OF LIFE:

Development

- Your toddler is walking, climbing, and may be running to play and explore. Your child may check in often when exploring or be clingy when around new people/situations/strangers. They are using their hands to scribble and build with blocks. Your child can feed themselves and wants to use a spoon.
- Your toddler enjoys reading, singing, and making music together. Real life toys (plastic dishes, telephones, brooms) let your child imitate and figure out how things work. Your child doesn't know how to share, but you can introduce taking turns with balls/toys.
- Your toddler is learning language when you provide words for emotions/gestures, when giving them commands, and when asking simple questions.
- Look for ways to show appreciation of your child's hard work and efforts, not just the end result.
- Face-to-face interaction with caregivers and avoiding screen time, except for live video chatting with loved ones, will enhance your child's social and verbal development.

Family Well-being

- Toddlers can be intense both physically and emotionally.
- You can support them by providing supervision with just enough help, and by being available for them to check in for reassurance or comfort. This can be exhausting for caregivers. Take a break, a deep breath, or seek support when needed.
- Tantrums may begin in this time. Parents may find it helpful to consider strategies ahead of time with their partner or other caregivers to guide their toddler's behavior and support their toddler through stormy emotions.

Safety & Child-proofing

- Drowning is a leading cause of accidental death in this age group. Keep your toddler safe with constant supervision around water, including bath time.
- Hot foods/liquids, dangling cords, tablecloths, appliances, electrical outlets and stairs can all be dangers to a curious toddler that likes to explore.
- Toddlers need protection from moving cars, machines, garage doors.
- Secure heavy furniture to the wall.
- Keep household cleaners, vitamins, and medicines out of reach.
- Never leave your child alone in the car.
- Keep sharp objects, small objects, small magnets, small batteries, balloons, and plastic bags out of reach.
- Infants and toddlers should ride in a rear-facing car safety seat, in the back seat of the car, as long as possible, until they reach the highest weight or height allowed by their seat.
- Verify that smoke alarms are working properly and avoid smoke exposure.
- Remove/lock up guns. Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

Important Resources

- **Poison Control Center:** (800) 222-1222
- **Suicide and Crisis Lifeline:** 988

Toddler Care

- Brush teeth with fluoride toothpaste the size of a grain of rice on a soft toothbrush 2 times per day. Make a dentist appointment.
- Use sunscreen (SPF 30 or higher).

Hitting/Biting

- Toddlers are often not able to control their feelings and may appear aggressive (hitting/biting). This is not done to hurt you. Hitting, kicking, and biting are ways for a toddler to communicate being angry, frustrated, tired or overwhelmed.
- Toddlers need help calming down before they are ready to learn or listen. A calm, firm (not angry) voice can be used to say “no biting.” Being available nearby, comforting with gentle words or offering a hug may help when your toddler is overwhelmed. You can also try giving an alternative (soft ball to throw or kick), a distraction (read a story or listen to music), or moving to a safe, quiet place.
- Being with your child when they’re distressed and overwhelmed helps them learn how to calm themselves.

Sleep

- Simple, calming, bedtime routines can help prepare your baby for bedtime. Try to recognize signs that your baby is getting tired.
- Help your baby learn how to fall asleep on their own by putting them down when they are drowsy, but not fully asleep. Expect a protest if this is a new change for your child.
- Some babies establish a pattern of naps with long stretches of sleep, but others are fine taking shorter naps or napping at less regular times. Recognizing patterns and creating a nap ritual can be helpful. Nap patterns will change as your baby grows and develops.

Nutrition

- Toddlers can be picky and erratic eaters. Sitting at the table together and providing repeated exposure to new foods can help with acceptance. Meals are also opportunities to spend time together as a family.
- Do not use screen time to distract your child while eating, and never force a child to put something in their mouth.
- Offer 3 predictable meals and 2-3 snacks per day, then your child can confidently decide how much to eat. Offer a variety of healthy foods, and avoid foods that can cause choking.
- Consider offering choices between 2 good options.
- Be patient as your toddler feeds themselves.
- Encourage cup use. Continue breastfeeding if desired. Limit juice. Avoid soda.
- Wean from bottle use.

Overseas Travel

If you will be traveling with your family overseas, talk with your doctor about travel questions, or you can request an online pre-travel health consultation through our [eTravel Clinic](#).

Acetaminophen (Tylenol) Dose Table				
May repeat every 4 hours.				
Child's Weight (pounds)	6-11 lbs	12-17 lbs	18-23 lbs	24-35 lbs
Child's Weight (kilograms)	2.7-5.4 kg	5.5-7.9 kg	8-10.9 kg	11-15.9 kg
Liquid 160 mg/ 5 milliliters (mL)	1.25 mL	2.5 mL	3.75 mL	5 mL
Liquid 160 mg/ 1 teaspoon (tsp)		½ tsp	¾ tsp	1 tsp

Ibuprofen (Motrin, Advil) Dose Table			
Do not use in infants under 6 months of age. May repeat every 6 hours.			
Child's Weight (pounds)	12-17 lbs	18-23 lbs	24-35 lbs
Child's Weight (kilograms)	5.5-7.9 kg	8-10.9 kg	11-15.9 kg
Infant Drops 50 mg/ 1.25 mL	1.25 mL	1.875 mL	2.5 mL
Liquid 100 mg/ 5 milliliters (mL)	2.5 mL	3.75 mL	5 mL
Liquid 100 mg/ 1 teaspoon (tsp)	½ tsp	¾ tsp	1 tsp

Questions or concerns?



Schedule your next visit on our website.
AllegroPediatrics.com



A nurse is available 24 hours a day.
(425) 827-4600



We have clinics open 7 days a week.