

Wellness Guide at 15 Months Old

Helpful tips to support your child's development at this stage of life.



Development

- **Awareness:** 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.
- **Activities:** 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.
- **Communication:** Your toddler is learning speech and language when you name emotions and gestures, give simple commands, read together daily, and ask simple questions.
- **Acknowledgment:** Look for ways to show

appreciation of your child's hard work and efforts, not just the end result.

- **Interaction:** 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.

DEVELOPMENTAL RESOURCES

TODDLER EMOTIONS

THE 5 Cs OF MEDIA USE

WA STATE EARLY INTERVENTION PROGRAM

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.

Verify that smoke alarms are working properly and avoid smoke exposure.



Never leave your child alone in the car.

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.



Toddlers need protection from moving cars, machines, garage doors.

Secure heavy furniture to the wall. It could fall on a climbing toddler.

Keep household cleaners, vitamins, and medicines out of reach.

Keep sharp objects, small objects, small magnets, small batteries, balloons, and plastic bags out of reach.

Remove/lock up guns. Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

IMPORTANT RESOURCES

POISON CONTROL: (800) 222-1222

DROWNING PREVENTION

SUICIDE & CRISIS LIFELINE: 988

CAR SEAT SAFETY

Nutrition

- Toddlers can be picky and erratic eaters. Sit at the table together and provide repeated exposure to new foods. Meals are also opportunities to spend time together as a family.
- Give Vitamin D (400 to 600 IU/day).
- Avoid screens during meals. Never force food in your child's 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.
- Prevent lead exposure by only using spices from the US and avoiding contaminated soil, dust, paint, and water. [Learn more](#) about lead toxicity and testing.

NUTRITION RESOURCES

CHILDREN & NUTRITION

FEEDING A TODDLER

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 toddler for bedtime. Try to recognize signs that your toddler is getting tired.
- Help your toddler 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 toddlers 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 child grows and develops.

LEARNING TO SLEEP

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).

Overseas Travel

If your family will be traveling internationally, schedule a virtual eTravel consultation at least 4–6 weeks before departure to review travel health recommendations, vaccines, and medications.

TRAVEL CONSULTATION

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.

ADDITIONAL RESOURCES

[DOSING TABLES](#) 

[COMMON ILLNESS SUPPORT](#) 

[PATIENT EDUCATION](#) 