



15 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Milk and water are best. A child’s palm is their portion size. Avoid sugary foods.

Development: Walking well, starting to use a cup, utensils and scribble, indicating what they want.

Language: 3-6 words — read together daily, use choice questions and simple words.

Temper Tantrums: With independence comes frustration; ignore or redirect when possible, time out for rough behavior or frank disobedience (in a safe place for under 2 minutes). Be consistent. Give praise for good behavior.

Safety: Keep the car seat rear-facing until age 2. Keep pot handles, hot liquids, small appliances and heaters out of reach. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin at 12 months of age.

Immunizations: DtaP and HIB

Medication Dosage:

	12-18 lb	18-24 lb	24-36 lb
Acetaminophen (160mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.25 mL (¼ tsp)	1.875 mL	2.5 mL (½ tsp)
Children’s Ibuprofen (100mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)

Next visit: 18 months old