

## Things to Keep in Mind, continued:

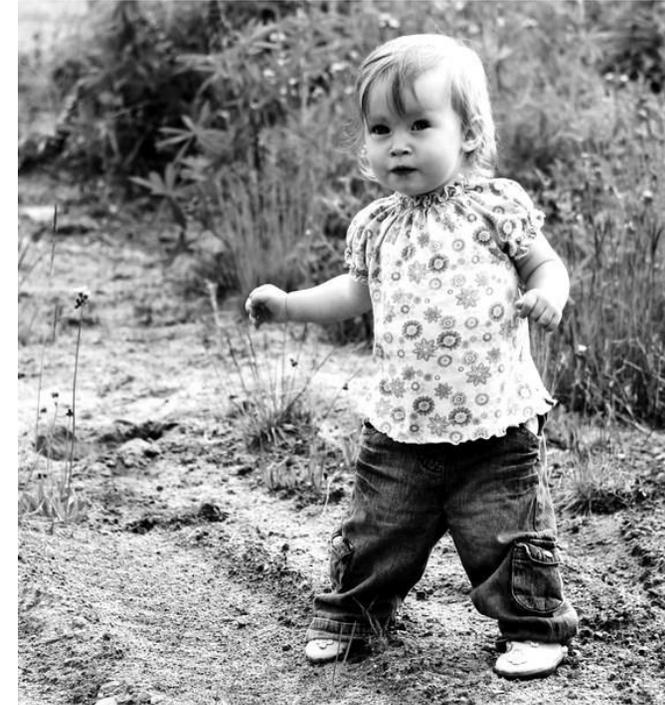
- Parents should show immediate and enthusiastic responses to good behavior, giving more “yes” than “no” messages. Spanking is not a good punishment for a young child.
- Set consistent limits.
- Encourage language development by talking about what you are seeing together, reading books and singing.
- Remove guns from your home or unload and lock them.
- Temper tantrums are common between 15 and 30 months, and are normal ways for young children to express frustration. Use time out for tantrums that cannot be ignored, are harmful to another person or tear things up.
- Toddlers have not learned to share yet and sometimes do not play well with other toddlers.
- It is best to wait until your child turns 2 before you begin toilet training.
- Your toddler may be able to tell you when they feel sick or something hurts; watch for fever, changes in appetite, activity or sleeping. Toddlers with ear infections often have fever and cold symptoms; they don't just play with their ears.
- Limit your toddler's TV time to less than 1 hour per day. It's okay to occasionally watch a TV show designed for young children.



### AT 15 MONTHS, YOUR TODDLER CAN:

- Name common objects (at least 6 to 8) like mommy, daddy, dog, juice and point to what they want.
- Understand words and phrases.
- Play hide-and-seek.
- Roll a ball; will try to catch and throw the ball.

AT 15  
MONTHS



TO CONTACT YOUR  
MEDICAL HOME:



Community Care  
OF NORTH CAROLINA



# 15 MONTH VISIT

Weight \_\_\_\_\_ Length \_\_\_\_\_

## Today's Visit

- You will talk about your toddler's growth and development. Your provider will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- You will have an opportunity to ask questions.

## Things you may want to discuss:

- Your toddler's personality.
- Setting limits and managing behavior.
- Changes in your family since your last visit.
- Some things your toddler can do now that they couldn't do at the last visit.

## Next Visit

### How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your toddler's eating, sleeping and social behaviors.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

### What to expect:

- Your toddler will have a physical examination and may receive additional immunizations.
- You will fill in a questionnaire about your toddler's development.

## Things to Keep in Mind:

- Lower your toddler's crib mattress to the lowest rung.
- Never underestimate the ability of a 15-month-old to climb.
- Check for hazards at your toddler's level (stairs, cords, outlets, cabinets, windows).
- Eat healthy meals together as a family; toddlers should eat 3 meals a day and be supervised by an adult while eating.
- Encourage the toddler to feed themselves, using a cup and spoon; during this learning expect a messy face and spills.
- Give your toddler individual attention.
- Continue using the toddler car seat on every outing in the car; do not put the child in the front seat.
- It is best to use a rear-facing seat until the highest weight or height allowed by the manufacturer.
- Use sunscreen and limit exposure to the sun.
- Closely supervise your toddler especially near dogs, lawnmowers, driveways, streets and water.
- The toddler's environment should be without cigarette smoke, alcohol or drugs.
- A daily routine is very helpful for a toddler, including a regular bedtime and a nap at least once a day.