

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.

AGE - 15 MONTHS



GREETINGS!

Your baby is now 15 months old. This is a good time to take stock of your toddler's progress - as 15 months is truly a "developmental milestone." Your baby has sat, crawled, stood and has now walked into toddlerhood.

YOUR GROWING CHILD

At 15 months, your toddler will:

- ✿ Partially feed self.
- ✿ Drink from a cup without spilling too much.
- ✿ May say 4-10 words besides "mama".
- ✿ Stand alone and walk; will walk up stairs with hands held.
- ✿ Stoop to recover a toy.
- ✿ Roll/toss a ball.
- ✿ If your child is not doing these things, please call me if you are concerned. (Premature babies may develop more slowly.)

YOUR CHILD'S HEALTH CARE



Well-Child Check-Ups:

It is time for you to schedule your child's 15-month check-up. It may seem like a lot of health care visits, but it is worth it.

Immunizations (shots):

Don't forget to take your child's immunization record with you when you have shots given. If you have any questions about your child's immunizations not being up to date please check with your health care provider or local public health.

FEEDING YOUR CHILD

- ★ Your child should be eating all table foods along with at least 2 1/2 cups of whole milk each day.
- ★ If he is still using a bottle, now is a good time to stop. It gets harder to wean him as he gets older.
- ★ Avoid foods that cause choking (such as nuts, popcorn, hot dogs, grapes).
- ★ Do not give skim milk.
- ★ It's OK to offer 5-6 smaller meals a day.
- ★ Provide healthy snacks and limit sweets and salty foods.

ACTIVITY TIP

Toddlers enjoy push or pull toys, especially ones that make noise

Common Health Concerns



- ◆ First molars may be erupting and your child may have sore gums.
- ◆ Teething can be miserable, so bring out the cool teething rings
- ◆ Other teething tips are in the 4-month newsletter.
- ◆ Give him non-aspirin medicine (acetaminophen) if he is really uncomfortable.

POSITIVE PARENTING

Being 15 months old is like being on a “seesaw”; they want to be independent one minute, and a baby the next. You’ll hear lots of “no’s”, “it’s mine”, and unfortunately, can see the “hitting, kicking and screaming” of the dreaded tantrums.

- ★ Set a few simple rules.
- ★ Allow some choices.
- ★ Hear out his “no” - be patient - and he’ll usually go along with your request.
- ★ Try to ignore the tantrum or hold firmly to help him gain control.
- ★ Accept that the 15 month old is not ready to share yet.
- ★ Please continue to read to him often.
- ★ Be ready to share lots of big, wet kisses!
- ★ Reinforce your child’s good behavior with a hug, a smile, or some other positive gesture.
- ★ Never spank or shake your toddler. When you feel you might lose patience, take time out.
 - ◆ Take a walk
 - ◆ Talk to a friend
 - ◆ Do something else that helps you calm down
 - ◆ Find your best outlet and use it as needed

ACTIVITY TIP

Most toddlers enjoy making noise. Make sound shakers by using plastic bottles with lids. Fill with items too large to swallow and shake. Also let him play with pots and pans.

Safety Check



Here are a few simple rules to follow to make sure that your toddler is safe:

- ✓ Use an approved toddler car safety seat every time your child is in the car.
- ✓ Keep all household chemical products and medicines put away in high places, out of sight and out of reach of your child.
- ✓ Have poison control number by the phone (1-800-222-1222).
- ✓ Lock doors or use gates leading to any dangerous part of your house. Use window guards on upper floors.
- ✓ Be sure he is never alone near any body of water.
- ✓ Use safety catches on all drawers and cupboards and cover electric outlets with protective plastic caps.
- ✓ Use sunscreen (at least #15) when in the sun.
- ✓ Continue to follow the safety rules in previous newsletters.



I will be writing to you again before your baby is 18 months old. Please let me know if you have any change of name, address, or phone number. Bye!



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