

DEVELOPMENT

- Your child may have a vocabulary of 4 -10 words. His/her vocabulary will expand with your reading and speaking to him/her.
- You may notice that your child understands far more than he/she says. The “understanding” of language normally develops first.
- Children enjoy daily and bedtime routines (e.g. brushing teeth, storytelling).
- Your child may begin to climb stairs and climb on furniture. Remember to have appropriate gates in place.
- Your child may be able to build a tower with 2 or more cubes and may be able to put objects into containers.
- Children of this age like to help with (imitate) simple household tasks, such as sweeping, emptying small garbage cans, etc.
- Bowed legs are common in this age group and will straighten spontaneously over time.

DIET

- Your child should be encouraged to use a spoon. Again, expect messiness. This is how your child learns.
- Avoid raisins, popcorn, peanuts, uncut hot dogs, uncut grapes and other small objects of food that your child could choke on. It is okay now to try “allergic foods” such as egg whites, peanut butter and tomato products and monitor for allergic reactions or rash.
- Your child's appetite may seem decreased. This is normal because he/she is not growing as fast as during the first year. They will generally eat when they are hungry and should not gain attention by refusing to eat food.
- If not done already, it is recommended to phase out the bottle for feeding. Ask the doctor if you are having problems.

HYGIENE

- Delay toilet training until your child is ready by being able to communicate their need to have their diaper changed or to use the toilet.
- Bathe at your discretion. Some children need more frequent baths than others.

SAFETY

- Your child should ride in a car seat at all times. Check that the seat is appropriate for their weight.
- Keep the Poison Control's phone number (**513-636-5111**) where they are easily accessible. Never give Syrup of Ipecac before first talking to the Poison Control Center or the on-call doctor.
- Have gates at the top and bottom of all stairways. Avoid expandable gates as they can trap heads or fingers.
- Never leave your child unattended in the bathtub.
- Tap water should never exceed 120°F. (Check the water heater settings)
- Place your child in a safe area during food preparation so that they can't access appliances, sharp objects, or get burned.
- Avoid electrical injuries - cap outlets and avoid dangling electrical cords.
- Avoid suffocation - do not let infants play with balloons and plastic bags.
- If you own a gun, we encourage you not to store it at home or in the car. If you do store the gun at home, it should be unloaded, locked up and ammunition should be stored in a separate place other than with the gun.

STIMULATION

- Continue to help your child increase his/her vocabulary by naming and describing objects and body parts to him/her.
- Children love to read books, sing and dance. Encourage their creativity and applaud their success.
- Television watching should be limited to that which is "educational" or "for children." Watch *with* your kids, and limit exposure to less than 1-2 hours per day.

TOYS

- Children at this age enjoy picture books, rocking horses, stuffed animals, and containers with shapes, books, pull or push toys, measuring cups and balls.

DISCIPLINE

- Make your expectations clear to your child, but remember that he/she can only understand at their own age level.
- It is important to set limits with your toddler - expect some negativism and temper tantrums. Be consistent.
- Your child's emerging independent behavior should not be misread as intentional antagonism. Set limits primarily for safety, through verbal no's and physical removal from potential dangers. Redirection is also a good strategy for behavior modification.
- Praise your child **often** for desired behavior and admire his/her good qualities - "catch him/her being good". Prohibitions should be few, but firm.
- Because of growing independence, he/she may persist in spite of being told no and you may simply have to remove him/her from what he/she is doing. It also takes repeated "practice" before a child learns which activities are "no-no's".

IMMUNIZATIONS

- At 15 months, your child will receive his/her MMR (Measles, Mumps, & Rubella) and HIB vaccines.
- The MMR Vaccine is a “live” vaccine and can cause a low grade fever and rash that may occur even up to a few weeks after receiving the shot. Call the office if you are concerned.
- The acetaminophen (Infants Tylenol) dosage for this age is: _____ every 4 hours as needed. Alternatively, _____ teaspoons of the syrup (Children's Tylenol) may be used, or _____ of ibuprofen suspension (Childrens' Motrin, Childrens' Advil).