

## Your Growing Child: 15-17 Months

Immunizations: At 15 months, she/he will receive a HIB booster, DPT booster and IPV booster.

Safety: Safety measures are a must. Be certain to "child proof " your home.

- Car travel only in approved car seat.
- Tablemats used instead of tablecloth.
- Loose dangling cords, such as the telephone cords, should be tied up
- All cleaning items, medicines, poisons must be out of reach. Do not store poisons in containers meant to hold food- such as a pop bottle. Safety caps on all meds.
- Cover electrical outlets with safety caps or tape.
- Do not leave the child unattended in bathtub or swimming pool.
- Razor blades, glass and other harmful products are not placed in the wastebasket
- Have syrup of Ipecac on hand at home, and know your local poison control phone number 1-800-682-7625.
- Hot water heater should be set at a medium-temperature (120-130)
- Check smoke alarms batteries.

For a small child, there is no division between playing and learning. Playthings appropriate for this age group include large balls, blocks, wagon, sturdy toy cars/ trucks, books with large colorful pictures, sandbox, toys that can be staked or placed into each other.

Characteristics of 15 months old

### **Physical**

- Average weight gain of about 1-2 oz/ wk
- Shoulders/chest thin
- Belly sticks out

### **Social**

- Begins to use spoon
- Removes clothes
- Imitates housework
- Walks well

-Bowed legs/flat feet  
normal

-Likes to throw things  
-Uses cup well

### **Language**

- Da Da, Ma Ma, no and more complicated words
- Six word vocabulary
- Is able to tell you what he wants by pointing
- Points to pictures
- Understands simple commands

Teeth: Clean teeth daily. Use clean washcloth and allow child to "play" with his own toothbrush. Be certain he is not allowed to walk/run with toothbrush in his possession. No more bottles!

Sleep: Babies vary widely in the number of hours they sleep. If they have always needed a lot off sleep this will generally not change. Establish a bedtime routine and 1-2 naps.

Diet: Finger foods, about 16oz. milk per day; table foods, low salt, a good mixed diet.

No: Peanuts, popcorn, grapes, wieners, balloons- these are easy to aspirate (suck into the windpipe) and choke your child.

Elimination: There probably is some routine to stooling by now. It is too early to consider toilet training.

Behavior and discipline: The second year off life is a great time for exploring and learning about the world. But your child cannot remember "no" from one time to another. Distraction is the best form of discipline right now. Pick him up and take him to another room when he is about to "get into trouble". Remember that what you want most is for your child to feel good about being himself, and to trust you as his parents.