

Your Child is 15 to 18 Months Old

What should your child be eating?

- Diet:**
- Give your child a balanced diet of fruits, vegetables, meat, breads, cereal and dairy products.
 - Your child may be a picky eater now. Continue to offer a balanced diet and don't let mealtime become a struggle.
 - Do not force your child to eat – children will eat what they want. Allow them to feed self.
 - Do not give junk food in place of nutritious foods.
 - Limit whole milk to 16 to 24 oz. a day (2 to 3, 8 oz. glasses of milk).
 - Limit juice to 8 ounces a day.
 - Share meals as a family when possible.
 - Do not give Kool-Aid® or soda to prevent cavities.
 - Do not give your child foods they may choke on such as nuts, hard candy, raw carrots, popcorn, hot dogs, chips and whole grapes.
 - Wean your child from the bottle. Begin using a cup.

What will your child be doing?

- Drinks from a cup, uses a spoon to feed self.
- Can walk well and run.
- Can go up and down stairs with help. Do not allow your child to climb stairs alone.
- Likes to be read to and will be interested in books with lots of pictures.
- May use about 6 to 20 words.
- Understands simple commands
- Points to interesting objects and body parts and names them.

What are some issues or concerns you may have?

Play: Likes pretend play, does not like to share toys. Self-centered.

Toilet Training: Children will usually let you know when they are ready around 2 to 3 years of age. You will know your child is ready for toilet training when diapers are dry after naps, asks to have diaper changed, use of word signals such as “pee” or “wee-wee.”

Discipline: The way you discipline your children is important. Try to be consistent. Discipline is a time to teach not punish. Try to be consistent about setting limits.

Teeth:

- Do not put your child to bed with a bottle, this may cause cavities.
- Brush your child's teeth with toothpaste that contains fluoride.

Safety:

- Use front facing car seat.
- Use a hat, light cotton clothing and sunscreen (at least SPF 30) in the sun.
- Cover all electrical outlets.
- Never leave your child alone around water (bathtub, bucket, toilet, and pool).
- Hot water should be less than 120° F. Your landlord must take care of this.
- Avoid falls by making sure all window have secure screens and crib mattresses are lowered.
- Store drugs, poisons, cleaning agents, and matches or lighters in a locked cupboard out of reach. Call the Poison Control Center at 1-800-222-1222, if concerned with possible poisoning.
- Do not smoke in house, car, or around your child.

Temper tantrums: Keep your child safe. Distract them with a safe toy song or a new activity.

Lead Poisoning: Lead Poisoning is dangerous: The most common cause is lead based paint. Lead can be found in paint, dust, dirt, and water. Children can get exposed to lead by chewing on paint chips, lead painted window sills, or by putting dirt in their mouth.

Ways to prevent lead poisoning:

Wash hands frequently. Offer foods high in iron, damp mop floors and window sills, use cold tap water, not hot for infant formula or cooking. Run the cold water for 1 minute before using.

Comfort measures after shots:

You may give the child a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your child's dose is _____.

Call the office or answering service at 315-464-4357

- If your baby:**
- Gets a temperature of 101° F or higher.
 - Refuses to drink.
 - Cries and cannot be comforted.
 - Acts very sleepy.
 - Gets a rash or hives or large swelling at shot site.
- If you need to:**
- Schedule or cancel an appointment.
 - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
 - After clinic hours to talk to a doctor.

Date: _____ **Height:** _____ **Weight:** _____

Speak up if you have any questions or concerns.



Healthy Kids



Pediatric and Adolescent Center
SUNY Upstate Medical University