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## 15 MONTH EXAMINATION

1. Growth: Growth in children this age is slowing down. Appetite may decrease and become more sporadic. Serve your child food in small, easily managed portions. Most kids eat three meals and two snacks. Let your child be the best judge of how much to eat. You should control what is available to your child and when it is available. If your child is still on the bottle, you should eliminate it; it won't get easier if you wait.
2. Development: Children this age generally will walk well. They should also be able to drink from a cup and point to what is wanted. Most children will also begin to use their first words other than "mama" and "dada". Talking and reading to your baby will encourage language development.
3. Discipline: Your child is beginning to assert independence. It is important to set limits:
  - a) Parents should discuss and agree on the approach to be used for discipline and what behavior, objects, and areas are to be forbidden.
  - b) It is extremely important for both parents to be as consistent as possible in enforcing the limits set.
  - c) In general, positive direction is more effective than corrective measures (catch your child being good and offer praise). Demonstrate the kind of behavior that is expected. The behavior must be appropriate for age, and expectations must be realistic.
  - d) Don't punish for normal exploratory behavior.
  - e) When rules have been violated, think first, then act and/or talk.
  - f) Try use of distraction or redirection.
  - g) Time out technique: If a time out is needed for aggressive or unsafe behavior:
    - a) First clearly and calmly state the rule, i.e. "no hitting"
    - b) If behavior persists, repeat the rule calmly and pick your child up with his back toward you.
    - c) Put him in a designated "time-out area", then leave.
    - d) Wait a minute for each year of your child's age.
    - e) Return to your child, reiterate the rule, then hug him/her and return to your previous activity.
    - f) The keys are consistency, calmness and limit rules to those very important such as safety and aggression to avoid frustrating your child with too many rules.
4. Temper tantrums: Toddler's exert their independence by saying "no" or occasionally escalating to full blown tantrums where they may throw themselves on the floor kicking and screaming, fists pounding into the floor and perhaps even holding their breath. This is how toddlers express frustration. Remember that this is a normal stage of development. The easiest way to handle a tantrum is to remove the audience from the "performance" that is, leave the room. If the child follows you or is aggressive toward you or others during the tantrum, then use a time out. Of course, the best approach is to try to avoid tantrums by speaking calmly and politely to your child, even when he says "no", choosing your battles carefully, avoiding tiredness and hunger, and giving extra comfort in new situations.

5. Injury Prevention:

- a) Poisoning: Use safety caps on medicines. Household cleansers and polishes must be kept out of reach. Call the Poison Control Center at 1-800-222-1222 if an ingestion occurs.
- b) Falls: Remove furniture with sharp edges. Coffee tables are especially hazardous. Use gates on stairs and window latches on second story windows. Make sure to lower the crib mattress, so your child can't climb out.
- c) Choking: Avoid peanuts, gum, hard candy and popcorn until age five. Children can choke on foods that they can't chew well. Be sure foods such as raisins, grapes, peas and corn are prepared in a size and consistency that your child can handle.
- d) Burns: Turn pot handles toward the back of the stove. Test batteries in smoke detectors every month and change batteries every year. Be careful with irons and curling irons.
- e) Drowning: never leave your child alone in the bathtub, near a pool or near a pail of water, even for a second.
- f) Car seats: use consistently. Keep rear facing until at least TWO YEARS of age. Children under age twelve should not be placed in front of an air bag.
- g) Guns: if you own guns keep them in a gun safe, and keep ammunition in a separate locked place.
- h) Sun safety: Babies should be protected from the sun with clothing, umbrellas or shade. Use sunscreen whenever you will be outside.

6. Dental care: Clean teeth with soft cloth or toothbrush. A small smear of toothpaste on the brush is recommended. Remember, do not put your child in bed with a bottle, or let child sleep latched onto the breast. Don't allow your child to "graze" all day on milk or juice.

7. Medication:

	<u>Acetaminophen Children's Liquid</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen Children's Liquid</u> (Motrin, Advil) 100mg/5cc
<u>Weight</u>	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.  
[www.theparentconnectionaz.org](http://www.theparentconnectionaz.org).
- Child and Family resources offers information about available child care.  
[www.childfamilyresources.org](http://www.childfamilyresources.org).
- The American Academy of Pediatrics has a web site:  
[www.healthychildren.org](http://www.healthychildren.org).

IMMUNIZATIONS: At this visit children usually will receive Pneumoccal, Hib, Varicella, and Hepatitis A vaccines. We no longer recommend giving tylenol before vaccines, but you may use if afterwards if your child gets a fever.

NEXT VISIT: 18 Months of age