



FIFTEEN MONTH VISIT Anticipatory Guidance

Safety

- **Car Seat Safety.** Make sure your child's car seat is rear facing until he reaches the highest weight or height allowed by the manufacturer. In most cases, this will be past the second birthday. Read more about car seat safety at [healthychildren.org](https://www.healthychildren.org) and the [CDC](https://www.cdc.gov).
- **Home Safety.**
 - Keep medicines, cleaning supplies, and chemicals in locked cabinets, out of your child's sight and reach.
 - Call **Poison Control** if you are worried your child has ingested something harmful. The number is **1-800-222-1222**.
 - Have working smoke and carbon monoxide alarms on every floor.
 - When cooking, turn pot handles towards the back of the stove.
- **Sun safety.** When you go outside, put a hat on your child, have him wear sun protection clothing, and apply sunscreen. Limit time outside when the sun is strongest (11am-3pm).

Health

- **Dental Health**
 - Clean your toddler's teeth with a toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice) twice a day.
 - Wean off bottles.
 - Avoid juice and sugar sweetened beverages.
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

Development

- Stuffed animals, toys for pounding, pots and pans, measuring cups, and empty boxes are toys your toddler might enjoy.
- Toddlers like to imitate what you're doing. They may enjoy sweeping, dusting, or washing toy dishes.
- Children begin to understand language very quickly at this age. You can encourage language development by reading books every day, singing, and talking with your child about what she's doing and seeing. You can name common objects and body parts for your toddler, and encourage her to say words.
- Try to give choices. Allow your child to choose between two good options such as two healthy snacks or two favorite books.
- Know that it is normal for your child to be anxious around new people.

Tantrums and Discipline

- Temper tantrums are normal at this age.
 - Use distractions to stop tantrums when you can.
 - Make sure your toddler is in a safe place.
 - Try not to have a big reaction as this reinforces the behavior.
- Praise your child when he does what you ask and for what he can accomplish.
- Set limits and use discipline to teach and protect your child, not to punish him.
- Limit the need to say “no” by making your yard and home safe for play.
- Teach your child not to hit, bite, or hurt other people.
- Be a role model.

Sleep Habits

- Put your child to bed at the same time every night. Early is better.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Try to put your child down when he is drowsy but still awake.
- Don't give your child a bottle in bed.
- Don't put a TV or any electronics in your child's room.
- Avoid giving your child too much attention if he wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Next Well Check: 18 months of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your toddler.