



## 15 Month Information Sheet

### Londonderry Pediatrics

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#### *Feeding*

Your child is now a toddler; allow him/her to use a cup to drink and a spoon to eat. Eat meals as a family. As a toddler, your child's appetite will be less than it was prior. Forcing your child to eat when they are not hungry is counterproductive and will only lead to frustration for both of you.

Avoid "choke foods". Continue to avoid shellfish, eggs and peanuts and peanut butter as it may reduce the risk of allergy to these foods.

#### *Oral Health*

Use a toothbrush to clean your child's teeth using only water or infant tooth and gum cleaner. Your baby should be getting fluoride, either from your tap water or as a prescription supplement.

#### *Sleep*

Children at a year of age are capable of sleeping through the night. Continue with a night time routine, including putting him or her to bed in their crib awake.

Night terrors- a sleeping child screaming out in the middle of the night while still sleeping- are common at this age.

#### *Safety*

Continue to supervise closely. Reexamine the safety of your home; including access to water such as toilets, tubs, pools. Use sunscreen daily. Continue to use car seat in proper position. Check window guards, or open windows from top only. Check function of smoke detectors. Maintain a smoke free environment. Use bike helmets. Be sure poisons, medicines, matches, and weapons are well locked up. New Hampshire's poison control number is 1800 222 1222.

#### *Activities*

Allow for exploration and physical activity. Read interactively with your child. Continue to snuggle and cuddle with your child. Provide opportunities for your child to play by his/herself. Encourage your child to self settle. Limit TV.

Allow yourself time and spend time with your partner.

#### *Behavior*

Rules should be limited but consistent. Do not allow hitting, biting or other aggressive behavior. You may introduce time out as a method to modify your child's behavior. Praise your child's positive behaviors.

Help your toddler learn the meanings of anger, joy and sadness.

Continue to act as a positive role model for your child. Give love, and receive love.

#### *Signs of illness*

Signs of illness may include fever, failure to eat, vomiting, diarrhea, irritability, lethargy, rash, or cough. If your child experiences one of these symptoms or you are concerned, feel free to call our office for advice or an appointment.