

## 15 Month Visit

COMMUNICATION AND SOCIAL DEVELOPMENT

### Talking and feeling

- Show your child how to use words.
  - Use words to describe your child’s feelings.
  - Describe your child’s gestures with words.
  - Use simple, clear phrases to talk with your child.
  - When reading, use simple words to talk about pictures.
- Try to give choices. Allow your child to choose between two good options, such as a banana or apple, or two favorite books.
- Your child may be anxious around new people; this is normal. Make sure to comfort your child.

SLEEP ROUTINES AND ISSUES

### A good night sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

SAFETY

### Safety

- Have your child’s car safety seat rear-facing until your child is age two or until she reaches the highest weight or height allowed by the car seat manufacturer.
- Follow the owner’s manual to make the needed changes when switching the car safety seat to the forward position.
- Never put your child’s rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride.
- Everyone in the car should wear a seatbelt.
- Lock away poisons, medications and lawn and cleaning supplies.
- Call Poison Control if you

SAFETY

- think your child has eaten something harmful. The number is (1-800-222-1222).
- Place gates at the top and bottom of stairs and guards on the windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances and space heaters.
- Lock away cigarettes, matches, lighters and alcohol.
- Have working smoke and carbon monoxide detectors.
- Set your water heater temperature to lower than 120° F.

*Give choices. Let your child choose between two good options, such as a banana or apple, or two favorite books.*

TEMPER TANTRUMS AND DISCIPLINE

### Temper tantrums and discipline

- Use distractions to stop temper tantrums when you can.
- Limit the need to say “No” by making your yard and home safe for your baby.
- Praise your child for doing well.
- Set limits and use discipline to teach and protect your child, not to punish.
- Be patient with messy eating and play. Your child is learning as he grows.
- Let your child choose between two good things for food, toys, drinks and books.

HEALTHY TEETH

### Healthy Teeth

- Take your child to his first dental visit if you haven’t done so.
- Brush your child’s teeth twice each day after breakfast and before bed with a soft brush and plain water.
- Wean from bottle; offer only water in bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

### What to expect at your child’s 18 month visit

#### We will talk about...

- Talking and reading with your child.
- Playgroups.
- Preparing your children for a new baby.
- Spending time with your family and partner.
- Car and home safety.
- Toilet training.
- Setting limits and using time outs.

Questions or concerns? Call Tanner Clinic at 801-773-4840.

