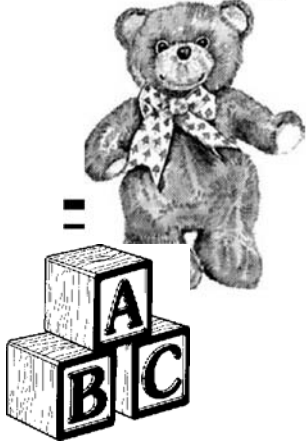

Countryside Public Health



Health

TRACKS

Age 15 months

Greetings!

Your baby is now 15 months old. This is a good time to take stock of your toddler's progress - as 15 months is truly a "developmental milestone". Your baby has sat, crawled, stood and has now walked into toddlerhood.

Your child's health care

Well-Child Check Ups:

It is now time for you to schedule your child's 15 month check-up. It may seem like a lot of health care visits, but it is worth it. If your child has not had their blood tested for lead, ask your doctor about having this done. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 15 month checkup.

Immunizations (shots):

Between 12-15 months, your child will receive the vaccines they need to complete their primary series. There is a "window" of several months when these vaccines can be given. The time for your child to receive these vaccines will depend on how long it has been since their last dose of vaccine and the age your health care provider prefers to give it. Please check with your health care provider for their recommendations.

♥ Low cost immunizations are available in your community. Please call us for information.

If your child has not had these shots yet: MMR#1, IPV#3, DTaP#4, Prevnar #4, Varicella #1, HBV#3, or HIB#3, they are now due.

Common health concerns

- First molars may be erupting and your child may have sore gums.
- Teething can be miserable, so bring out the cool teething ring.
- Other teething tips are in the 4-month newsletter.
- Give him children's aspirin-free medicine.

Your growing child

At 15 months, your toddler will:

- ♥ Partially feed self.
- ♥ Drink from a cup without spilling too much.
- ♥ May say 4-10 words besides "mama".
- ♥ Stand alone and walk; will walk up stairs with hands held.
- ♥ Stoop to recover a toy.
- ♥ Roll/toss a ball.
- ♥ If your child is not doing these things, please call us if you are concerned.

tip

Toddlers enjoy push or pull toys, especially ones that make noise.

Feeding your child

- ♥ *Your child should be eating all table foods along with at least 2-1/2 cups of whole milk each day.*
- ♥ *If he is still using a bottle/ pacifier, now is a good time to stop. It gets harder to wean him as he gets older. Dental problems may result from prolonged bottle/pacifier use and not brushing the teeth.*
- ♥ *Avoid foods that cause choking (such as nuts, popcorn, hot dogs).*
- ♥ *Do not give skim milk.*
- ♥ *It's OK to offer 5-6 smaller meals a day.*
- ♥ *Provide healthy snacks and limit sweets and salty foods.*

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.

Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.

Use an approved toddler car safety seat every time your child is in the car.

Safety check

Here are a few simple rules to follow to make sure that your toddler is safe:

- ✓ Keep all household chemical products and medicines put away in high places, out of sight and out of reach of your child.
- ✓ Have poison center number by the phone (1-800- 222-1222).
- ✓ Lock doors or use gates leading to any dangerous part of your house. Use window guards on upper floors.
- ✓ Be sure he is never alone near any body of water, including the bathtub.
- ✓ Use safety catches on all drawers and cupboards and cover electric outlets with protective plastic caps.

- ✓ Use sunscreen (at least #15) when in the sun.
- ✓ Continue to follow the safety rules in previous newsletters.
- ✓ **Never leave toddler alone in car.**

Positive Parenting

Being 15 months old is like being on a "seesaw"; they want to be independent one minute, and a baby the next. You'll hear lots of "no's", "it's mine", and unfortunately, can see the "hitting, kicking and/or screaming" of the dreaded tantrums.

- ♥ Brush your teeth and your child's - Be a good role model.
- ♥ Allow some choices.
- ♥ Hear out his "no" - be patient - and he'll usually go along with your request.
- ♥ Try to ignore the tantrum or hold him firmly to help him gain control.
- ♥ Accept that the 15 month old is not ready to share yet.
- ♥ Please continue to read to him.
- ♥ Be ready to share lots of big, wet kisses!
- ♥ Consider taking an ECFE class. Now is a great time to meet other parents!

tip

Most toddlers enjoy making noise. Make sound shakers by using plastic bottles with lids. Fill with items too large to swallow and shake. Also let him play with pots and pans.

Toys • Toys • Toys • Toys • Toys • Toys • Toys

A busy toddler needs toys for active physical play-something to ride on or climb. Outdoor toys such as balls and a sandbox with a pail, shovel, spoon, or other non-breakable items are all good choices. Toddlers begin to enjoy make-believe play sometime just before their second birthdays. You will see them imitate the world around them. Children in this age group are particularly interested in toys that can be sorted according to shape or color, blocks, simple puzzles. Children can also appreciate music at this age. Tapes of simple song may be an idea for an upcoming birthday or special occasion.



SOME SUGGESTIONS FOR TOYS MAY INCLUDE:

- Push-Pull Toys • Small Tricycle or Wagon
- Balls • Wading Pool • Simple Puzzles, Shape Sorters
- Picture Books • Tape Player and Tapes
- Rhythm Instruments • Dolls, Stuffed Animals and Doll Furniture
- Crayons, Markers, Modeling Dough

HAVING AN ADULT AVAILABLE PROVIDES FOR SAFETY AND FUN!!!

**We will be writing to you again before your baby is 18 months old.
If you have questions or concerns please call us!**

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215
320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241
320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN 56265
320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256
320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278
320-839-6135 or 1-866-277-5587

Health Tracks was adapted from Communities Caring for Children MDH, NW District