



***PEDIATRIC ASSOCIATES OF NYC, P.C.***

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**15 month visit**

Today's measurements: Weight \_\_\_\_\_ Height \_\_\_\_\_ HC \_\_\_\_\_

**Vaccines**

- Hib, Pneumococcal
- Reactions: fever, irritability/fussiness, redness or swelling at site of the shot
- Fever reducer- acetaminophen or ibuprofen is based on weight. Dosage info is on our website

**Development:**

- May walk/takes a few step
- Claps when excited
- Self feeds with fingers
- Shows you an object they like
- Says 2-5 words
- Follows simple one step commands
- Cuddles/hugs
- Starts to say "no" and may have tantrums

**Discipline:**

- Children at this age start to test limits and have temper tantrums
- They begin to demonstrate negativistic behaviors (hitting, pulling hair, head banging...)
- In response to above behaviors, limit setting is important. Say "NO".
- Praise good behavior and set consistent limits.

**Nutrition/Food:**

- Let child self-feed
- Wean off bottle
- Offer mostly table foods in conjunction with some purees if child enjoys them
- Juice is not recommended
- Whole milk- max of 20-24oz/day (600-720ml)

Tooth brushing- 1-2x/day with a soft toothbrush and a rice grain size of fluoride toothpaste or water

**Next visit in 3 months (18 months old)**