



## **Well care education-15-month-old**

- **DEVELOPMENT:**
  - Your baby should be taking a few steps on their own. They should be using their fingers to eat food. Clap their hands when excited. They should be trying to say one or two more words other than “mama” or “dada- like: “ba” for ball. They should be pointing to ask for something or to get help, and stacking at least two small objects, like blocks.
  
- **EMERGENCIES:**
  - A word on fever: fever by itself is NOT dangerous. However, if your child is lethargic, inconsolable despite giving medications, having difficulty breathing, vomiting a lot or does not respond well to a single dose of acetaminophen or ibuprofen, please call. Also, if your child has a fever >5 days, please call us.
  
- **SKIN CARE:**
  - Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.
  
- **ORAL CARE:**
  - Please brush your baby’s teeth with a soft bristle toothbrush twice a day. If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice once a day. Start to wean your baby from the bottle as well.
  
- **SLEEP:**
  - Your baby should be sleeping about 14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking up at night, especially to feed.
  
- **CAR RESTRAINTS:**
  - Your baby’s car seat should remain in the back seat facing the rear of your vehicle until he/she is 40lbs, however, should remain rear facing until outgrows car seat parameters or is 4 years old.
  
- **VACCINES:**
  - Today, your child will receive vaccines. The most common reaction is a fever within 48 hours of vaccine administration. Please refer to handout for further information.
  
- **SAFETY:**
  - Lock away medications, cleaning, and lawn supplies. Call **Poison Control Help: 1-800-222-1222**, if you are worried that your child has eaten something harmful.
  - Place gates at the top and bottom of stairs and lock windows on the 2<sup>nd</sup> or higher floors.
  - Always supervise your baby while in the pool or water related activities. Never leave your child unattended in the bath, even for just a second. If your child goes missing, always look in the water first even if doors are locked or fences are up in the pool

- **NUTRITION:**

- Your baby should not drink more than 12-24 oz of whole milk/day. Too much milk can lead to iron deficiency anemia, constipation and picky eating.
- Avoid giving your child large food pieces such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking.
- **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).

- **USEFUL WEBSITES:**

- Healthychildren.org
- Chop.edu/primary-care/well-child-visits-what-expect
- **FOR MOTRIN/TYLENOL DOSES:** [www.mahoneypeds.com](http://www.mahoneypeds.com)

## Firearm Safety for Families



Studies show children are naturally curious, even about a firearm they've been warned not to touch.



**Kids are safer when:** Firearms are in a lockbox or safe, unloaded. Ammunition is locked away separately.



**Kids are safest when:** firearms are stored outside the home.