



Forms:

None

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:

Pentacel (contains):

DtaP

IPV

Hib

Prennar

15 MONTHS OLD

FAQ

My child recently starting waking at night when she has always slept through the night. Should I be worried?

15-18 months is a common age for reoccurrence of night waking. This is in keeping with the child's new capacity for thinking and remembering both fears and desires. Continue to put your child to bed at the same time each night. Maintaining a consistent bedtime routine, in the room where your child will be sleeping, will help prepare him for bedtime. Some children at this age, even though they have been sleeping well, may go through a short period of night waking. If he awakens, do not give him enjoyable attention; a brief visit with reassurance from you is all that is needed for him to return to sleep. Provide your child with a stuffed animal, blanket, or favorite toy that he can use to help console himself at bedtime, should he wake. Do not give him a bottle to sleep with, or bring him into bed with you as a means to get him back to sleep.

My child is still not talking. What should I do?

While many children have 2-3 words or more that they can reliably say, some do not. More important than verbal expressive language is your child's ability to understand you, called receptive language, and ability to nonverbally communicate what he wants. As you give him food and objects, name them, and use books as a way to ask him to point at objects after you name them.

Age Appropriate Information

Development:

- Encourage autonomy by allowing your child to choose between 2 options, both of which are acceptable to you. For example, let her decide between a banana and applesauce for a snack, or between 2 of her favorite books. Allowing her to make choices in some areas will decrease power struggles in others.
- "Stranger anxiety" and anxiety connected with separation from family members is still common at this age. Never make fun of her fear. Do not force her to confront people who scare her, such as Santa Claus or clowns. Accept her fear and speak reassuringly.
- A child's understanding of how words can be used to share experiences and feelings will be increased by the conversations, songs, verbal games, and books you share with her. Books do not have to be "read." You can use simple words to just talk about the pictures and story.
- Narrate your child's gestures. For example, if she points to a cookie, say, "Jane is pointing at the cookie. Do you want the cookie?"
- Encourage your child to repeat words. Respond with pleasure to her attempts to imitate words. Listen to and answer the child's questions.

- Use discipline as a means of teaching and protecting, not punishing. Set limits for your toddler by using distraction, gentle restraint, and, when necessary, a brief time-out. Separate your toddler from the cause of the problem, stay close to her, and stick to structure and routines.
- Teach your toddler not to hit, bite, or use other aggressive behaviors. Model this behavior yourself by not spanking your toddler and by handling conflict with your partner constructively and nonviolently. Spanking increases the chance of physical injury, and your child is unlikely to understand the connection between the behavior and the punishment.

Feeding:

- Cover your floor and don't worry about messes—young children learn from experimenting.
- Avoid small, hard foods like peanuts or popcorn, on which your child can choke, and cut any firm, round food (eg, hot dogs, raw carrots, or grapes) into thin slices.
- Include your toddler in family meals by providing a high chair or booster seat at table height. Make mealtimes pleasant and companionable. Encourage conversation.
- Toddlers tend to "graze." Her appetite will vary; she will eat a lot one time, and not much the next time.
- Let your toddler decide what and how much to eat from an assortment of nutritious foods you offer. Trust your child's ability to know when she is hungry and full. If she asks for more, provide a small, additional portion. If she stops eating, accept her decision.
- Feed your toddler 3 meals and 2 or 3 planned nutritious snacks a day. Be sure that your toddler's caregiver also provides nutritious foods.

Dental:

- Children this age have not yet developed the hand coordination to clean their own teeth adequately. Brush the child's teeth twice each day (after breakfast and before bed) with a soft toothbrush and plain water.
- Many toddlers develop tooth decay (also called early childhood caries) because bacteria that cause tooth decay can be passed on to your toddler through your saliva when you kiss him or share a cup or spoon. To protect your baby's teeth and prevent decay, make sure you brush and floss your own teeth, don't share utensils, and don't clean his pacifier in your mouth.
- If you are having difficulty weaning your child from the nighttime bottle, do not use formula, milk, or juice in the nighttime bottle. Put only water in the bottle.