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15 Month Visit

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Immunizations Today: Dtap, Hib, Prevnar

Your toddler may run a fever, be irritable, and/or be a little more sleepy for a day or two after getting shots. Your toddler may also have some soreness, redness and swelling where the shots were given. Use Tylenol or Motrin for symptoms. Severe reactions include generalized rash, seizures, nonstop crying for more than three hours and a fever of more than 104°F. Call us (or 911 if an emergency) if a severe reaction occurs or if you are concerned for your child.

Tylenol dose: _____ every 4-6 hours. Drops/Susp.

Motrin dose: _____ every 6-8 hours. Drops/Susp.

Development

Your child should be more social now, speaking 2-6 words & waving. Also he/she should be able to stand alone and walk fairly well. If you have concerns or questions about your child's development, please ask us.

Discipline

Your toddler is desiring more and more independence. With this independence come some challenges.

1. Temper tantrums are a part of raising children. Trying to reason with or punish your child may actually make the tantrum last longer. It is best to make sure your toddler is in a safe place and then ignore the tantrum.

2. Toddlers are very curious and want to be the boss. This is normal. If they are safe, this is a time to let your child explore new things.
3. Redirect your child when he/she is doing something that is not allowed.
4. Set limits. Start with only a few important rules such as not throwing toys or playing with electrical cords.
5. Praise your child when he/she is behaving well. Kids always tend to seek attention and they will behave in such a way to get it.

Nutrition

1. Your toddler should be learning to feed on his/her own. This means a mess for mom and dad. ☺ Make sure to cut the food into small pieces so that your baby won't choke.
2. No more bottle. Your toddler should only be using a cup. If he/she is still using a bottle, this may start to cause problems with his/her teeth and may contribute to ear infections.
3. Vitamins are not necessary if your baby eats a well-balanced diet. If there is any question, feel free to offer your baby a liquid multiple vitamin such as Poly-Vi-Sol. The dose is 1 ml. daily.
4. Continue to offer a well balanced diet, including 2-3 servings of meats, fruits, and vegetables.
5. Keep brushing those teeth. No fluorinated toothpaste until 3 years.

Safety

We at Skyline Pediatrics want to help you make sure that your child is as safe as possible. Please help by focusing on prevention.

1. The Poison Control number is: 1-800-362-0101.
2. Keep lighters and matches out of reach. Don't let your child play near the stove. Use the back burners on the stove with the pan handles out of reach.
3. Use an approved toddler car seat correctly. Never leave your child alone in the car.
4. Keep plastic bags, balloons and small hard objects out of reach.
5. Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down. Fence your pool and keep the gate to the pool locked. Both parents and significant care takers should take CPR training at least every 2 years. Local hospitals usually offer these classes.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: 18 Months

ENJOY YOUR TODDLER!