



Developmental Notes - Fifteen Months

Milestones:

At fifteen months of age most children walk alone, stop and start, stoop and explore. They can feed themselves with fingers and drink well from a cup. They have at least a three to six word vocabulary, point to body parts and understand simple commands. They should scribble spontaneously and attend to a story being read to them. They should stack two blocks and give and take a toy.

Safety:

Poison Control Center at 1-800-222-1222

- Remember to childproof your home and have the Poison Control Center phone number posted in your home.
- Tap water should not exceed 120 degrees Fahrenheit.
- Potential poisons should be locked up in cabinets.
- Medicines should not be left on tables or dresser tops.
- Turn pot handles toward the back of the stove.
- Keep toddlers away from hot stoves, space heaters, wall heaters, irons and fireplaces.
- Never underestimate the child's ability to climb.
- Plastic bags and balloons can cause suffocation.
- Close supervision of this age group is a must.

Diet:

Do not coax or fight with your child to eat. Do not make meal time a battle ground. Children require three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, a slice of cheese or a cup of calcium fortified juice.

Please remember to avoid the choking foods: peanuts, popcorn, whole hot dogs, M&M's, hard candies, carrot and celery sticks and whole grapes.

If you have not discontinued the use of the bottle, now is a good time.

Vitamins:

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All toddlers require vitamin D to prevent rickets and vitamin D deficiency. Regrettably, breast milk does not provide this essential vitamin. Therefore, all breastfed toddlers, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of vitamin D per day.

Similarly, all non-breast fed toddlers who receive less than 33 ounces of vitamin D-fortified milk or formula, should receive vitamin supplementation with at least 400IU (international units) of vitamin D per day.