



# APL Bright Futures Handout

## 15 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

### COMMUNICATION & SOCIAL DEVELOPMENT

#### Talking and Feeling

- Show your child how to use words.
- Use words to describe your child's feelings.
  - Describe your child's gestures with words.
  - Use simple, clear phrases to talk to your child.
  - When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

### SLEEP ROUTINES & ISSUES

#### A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

### FEEDING YOUR TODDLER

#### Feeding Your Toddler

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.
- Remember to avoid foods that can cause choking- nuts, hot dogs, popcorn, whole grapes, meat chunks, hard candies, and hard, raw vegetables or hard fruits.
- Discontinue use of the bottle and encourage the use of a cup, spoon and fork at meal time.

- Toddlers at this age may start to show signs of finicky eating. Do not coax or fight with your child to eat as meal time should not be a battle ground.
- Your job as the parent is to provide a healthy variety of foods. It's up to your child to let you know how much of it he wants to eat.

### SAFETY

#### Safety

- Illinois law states that you may not switch your child to a forward-facing car safety seat until she is at least 1 year old and weighs at least 20 pounds. The American Academy of Pediatrics recommends keeping your child rear-facing until 2 years old.
- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child's car safety seat in the front seat of a vehicle. The back seat is the safest place for children to ride
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature at or lower than 120°F.

### CHILD DEVELOPMENT

#### Your Changing and Developing Toddler

- At this age most children walk well, stoop down to pick up objects without falling, and explore.
- Your child should be able to feed himself with his fingers and drink well from a cup.
- Meaningful language starts to develop and may consist of 2-3 words aside from "mama" or "dada".
- Toddlers at this age start to imitate, follow simple commands and can listen to a story.
- Your child should bring toys over to you to show you as well as take it away.

### TEMPER TANTRUMS & DISCIPLINE

#### Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.
- Limit the need to say "No!" by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

### ORAL HEALTH

#### Healthy Teeth

- Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water.
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

**Poison Help: 1-800-222-1222**  
**Child safety seat inspection:**  
 1-866-SEATCHECK;  
[seatcheck.org](http://seatcheck.org)

