

WELL-CHILD EXAM – 15 MONTHS

DATE: _____

HEIGHT: _____ WEIGHT: _____

DEVELOPMENT:

1. Walking.
2. Three to six words. Understands simple commands. Knows one body part.
3. Feeds self with fingers. Can drink from cup with some spillage.
4. Points out what they want and points to objects to show the parent.

ACCIDENT PREVENTION:

1. Car seat in back.
2. Increase childproofing in home – cover sharp corners, remove unnecessary hazards, gate stairs and unsafe rooms (particularly bathrooms) and lock cabinets that contain cleaning supplies and medications. Remember that children may be able to climb. Do not leave buckets of water unattended.
3. Lower crib mattress.
4. Check water temperature.
5. Close supervision near dogs, streets, driveways, lawnmowers and pools.
6. Poison Control phone number: 1-800-222-1222.

NUTRITION:

1. Avoid choke food.
2. Offer variety of healthy food choices. Allow child to self-feed and drink from cup at family mealtime. Do not force eating.
3. Offer two to three nutritious snacks daily.
4. Limit milk to 12 to 24 ounces of whole milk daily. Limit juice to four ounces or less daily. Offer water.
5. Wean bottle if not off already.

DENTAL:

Clean teeth daily.

ILLNESS:

Ask doctor for dosing sheets for acetaminophen, ibuprofen, and over the counter cough-cold medications.

NEXT VISIT:

18 months