



FOR YOUR 15 MONTH OLD

diet

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers and a spoon.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot dogs that may choke your toddler.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein.

It is fine to breastfeed your toddler after 1 year of age. Continue prenatal vitamins while breastfeeding.

Your toddler should drink 16-20 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

Put the milk in a "sippy" cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins.

Your job as parent is to choose the best foods for your toddler. Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your toddler's job to decide how much to eat or even to eat at all!

Avoid any peanut butter and peanut containing products or shellfish before 2 years of age.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats and poultry or served in soups, use strained baby meats as a sandwich spread-avoid fried foods.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding, yogurt, margarine, or butter.

Eggs - Scrambled, hard-boiled, egg salad or omelet.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat Substitutes - Macaroni and cheese, cheese dishes served with milk, yogurt, beans, eggs, cottage cheese.

sleep

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your child to sleep more or less than the average.

Most toddlers take 1-2 naps per day.

development (15-18 months)

Walks, climbs, throws, may run.

Says single words (5-15), communicates with gestures, points to named body part or object, understands simple commands.

Finger feeds, uses spoon, uses cup, scribbles, stacks 2 blocks.

Likes to look at books, plays games with parents, gives and takes toys, developing sense of humor.



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safety

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment.

Carseats should face forward in the rear seat when your toddler weighs more than 20 pounds.

Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler.

In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

Use PABA-free sunscreen with SPF>15.

other things to keep in mind

Use a small, soft toothbrush to clean your toddler's teeth everyday.

Have your toddler's shoes properly fitted in length and width, buy flexible shoes.

discipline / temper tantrums

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums – do not try to reason with your toddler.

Securely hold your toddler until he relaxes if there is danger of injury.

tests/immunizations for today

Vaccines will be given today. Please review our information sheets.

suggested reading

"What to Expect the Toddler Years"

"Caring for Your Toddler and Young Child"

infant tylenol dosage

(every 4-6 hours and no more than 5 doses/day)

18-23 lbs. = 1.2mL (1 1/2 dropper)

24-35 lbs. = 1.6mL (2 droppers)

infant motrin dosage

(every 6-8 hours)

18-23 lbs. = 1.875mL (1 1/2 dropper)