

AT FIFTEEN MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Having conversations** – When your child asks for something with only one word, such as “milk,” tell him or her how to say, “I want some milk, please.” Praise your child for putting words together.
- ❖ **Playing “telephone”** – Give your child a toy telephone (or make a “telephone” from a toilet paper roll or milk carton). Play games such as “calling Grandma”.
- ❖ **Naming** – At the grocery store, name foods as you select them. See if your child can name them before you do.
- ❖ **Read to your baby. Sing to your baby.**

Developing control of large muscles:

Activities to continue- Encourage walking on tiptoes, backward, and up and down stairs. Play ball with your child.

Using the playground – Show your child how to play on swings and climbing equipment either in the backyard or in a park.

Playing in water – Play in water in the bathtub, in a wading pool, or in the garden sprinkler. *Never leave your child alone*, even around very shallow water.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Temper tantrums:

- ❖ Temper tantrums are a normal part of growing up. This is one way your child says he is mad. Later he will use words to explain his feelings. Notice when your child is tired. Help him find a quiet activity to rest and calm down.
- ❖ Work on staying calm when your child is having a temper tantrum. Put your child in a safe place. Do not allow your child to hurt himself.
- ❖ Spanking and yelling do not help. When your child is quiet, hug him and help him to do an activity he enjoys.
- ❖ Help your baby to comfort himself. Help him find his favorite spot to rest, and his favorite toy or blanket to hold.

Bedtime:

- ❖ Bedtime can be harder when your child is overtired
- ❖ A quiet routine before bed will help your child to go to sleep. Children may still nap once or twice a day at this age.
- ❖ Never let your baby take a bottle to bed. Anything except water will cause severe tooth decay.

**Parenting is hard work. Talk to a friend.
Plan time for yourself. Eat regular meals.
Rest when the baby does.**

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

**Cordes, Patranella &
Winkler, PA**

P. Patranella, M.D.,
A.. Winkler, M.D.,
P. Gallagher, M.D.,
K.. Cross, M.D.,
J. Johnson, M.D.,
S. Smith, M.D.
2855 5th Avenue North
St. Petersburg, FL 33713
727 323-2727
fax 727 327-8101