

15 Months

Developmental Milestones

Gross Motor

Walks well
Begins to crawl up stairs
Pulls toys behind him while walking

Language

Says 3-6 words well
Lots of babbling!
Understands simple (one step) commands like
“throw me the ball”

Fine Motor-Adaptive

Scribbles with crayon

Personal-Social

Begins to imitate housework
Points to one or more body parts
Should be drinking from cup only
Recognizes self in mirror
Finds an object placed out of sight

Anticipatory Guidance

Safety

- ◆ Always place your toddler in an appropriate car seat, and make sure the seat is appropriately strapped into the vehicle. The AAP currently recommends maintaining your child in a rear facing position until 2 years of age. Remember that car seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your toddler alone on any surface above ground level without the toddler being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around toddlers.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around or within reach of your toddler. You never know when he might try to grab the container.
- ◆ When your toddler will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Remember, anchor tall furniture to prevent it from tipping onto your child.
- ◆ Never leave a bottle of milk or juice in the crib with your toddler. It will lead to tooth decay.
- ◆ As your child becomes more mobile, make sure that there are no small objects lying around that he could ingest.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



Premier Care
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15 Months

Anticipatory Guidance

Toddler Care

- ◆ Your toddler should be weaned off of the bottle at this age. He should be using a sippy cup or even drinking from a regular cup.
- ◆ Bedtime routines continue to be important at this age.
- ◆ Continue reading stories. Your toddler will continue to interact point at the pictures and may begin telling you a story (in babble, of course).
- ◆ Continue whole milk at this age. Always use whole milk until at least two years of age as your baby needs the fats contained in the milk to help with brain development.
- ◆ Continue brushing or wiping your toddler's teeth with a cloth daily.
- ◆ Your toddler should be actively participating in feeding himself at this age.
- ◆ Avoid foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy. Remember to cut food into small pieces that your toddler can pick up with two fingers.
- ◆ Always supervise your child when he is feeding.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ By this time, your child should be learning the meaning of "no" and learning how to follow simple rules.

My Growth

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