

## HEALTH SUPERVISION VISITS

### FIFTEEN MONTH VISIT

#### TODDLER BEHAVIOR

- When possible, allow child to choose between 2 options, acceptable to you
- “Stranger anxiety” and separation anxiety reflect new cognitive gains, speak reassuringly
- Use simple, clear words and phrases to promote language development and improve communication
- Maintain consistent bedtime and nighttime routine; tuck in when drowsy, but still awake
- If night waking occurs, reassure briefly, give stuffed animal or blanket for self-consolation
- Do not give bottle in bed
- Some conflict/tantrums can be avoided by “toddler-proofing” home, using distractions, accepting messiness, allowing child to choose (when appropriate)
- Praise good behavior and accomplishments
- Use discipline for teaching/protecting, not punishing

#### ORAL HEALTH

- Consider first dental visit
- Brush teeth twice a day with soft brush and plain water
- Prevent tooth decay by good family oral health habits (brushing, flossing), not sharing utensils or cup

#### SAFETY

- It is best to use rear-facing car safety seat until highest weight or height allowed by manufacturer; make necessary changes when switching a convertible seat to forward facing; never place rear-facing car safety seat in front seat of vehicle with passenger air bag; back seat is safest
- Make sure everyone uses a safety belt
- Review home safety (remove or lock up poisons, cleaning supplies; use stair gates, install operable window guards on second- and higher story windows)
- Install smoke detector on every level, test monthly/change batteries annually; make fire escape plan; set hot water < 120 degrees
- Keep hot liquids, lighters, matches out of reach

#### DEVELOPMENT

- Walks well, Walks backwards, Stoops and recovers
- Put block in cup
- Scribbles
- 1-3 words
- Drinks from cup
- Waves bye-bye