

Pediatric Associates of North Texas
972-867-6880
www.drCarolynashworth.com

Carolyn D. Ashworth, M.D.

Wt. _____ % Ht. _____ % Head _____ %

FIFTEEN-MONTH VISIT

Best way to prevent accidental injuries is to constantly supervise your toddler--never leave your child alone in the house or car or around the pool.

Continue regular family routines including meals and conversations, naps and bedtime.

Your baby should be totally off the bottle.

Feed 3 meals/day using a wide variety of foods, plus nutritious snacks-fruits, vegetables, cheese, dry cereal.

Brush teeth with a soft bristled brush; if toothpaste is used, apply only a tiny amount. No fluoride.

Readiness for toilet training usually occurs after 2nd birthday; child retains urine for > 2 hours, indicate the need to go and has necessary vocabulary.

Discontinue pacifier.

No TV.

Time-out can be started at 12-18 months, using 2 min/year of age.

Ignore temper tantrums unless behavior is dangerous to child or others; use distraction to refocus your child.

Make environment rich in words-name objects and describe surroundings.

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

DTaP Hib MMR Polio Hep A Hep B Chicken Pox Prevnar Flu

NEXT WELL CHILD VISIT:

At 18 months of age; Review immunization records and update if necessary.