



What You Need to Know: 15 Months Old

Feeding and Nutrition

- 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 cause choking.
- Your toddler should drink about 16-24 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. This can lead to early tooth decay.
- Your job as a parent is to choose the best foods for your toddler. Offer 3 regular meals & healthy snacks. It is your toddler’s job to decide how much to eat or even to eat at all.

Sleep

A regular bedtime routine is very important to toddlers. The average toddler sleeps 11-14 hours (including naps) per day. It is normal for your child to sleep more or less than the average. A typical bedtime for a toddler is 7-8 pm. Most toddlers take 1-2 naps per day

Development/Milestones

- Walks, climbs, throws, may run.
- Says single words (5-15), communicates with gestures, points to named body parts or objects, and understands simple commands.
- Finger feeds, uses spoon, uses cup.
- Scribbles, stacks 2-3 blocks.
- Likes to look at books, plays games with parents, gives and takes toys.
- Starts to develop a sense of humor.
- Likes to look at pictures, and points to named body parts.
- Imitates adult behavior with a telephone or hairbrush.

Safety

- Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler’s environment.
- Watch your child around hot ovens, stoves, and campfires.
- Keep knives, scissors, and razors out of your child's reach.

- Do not leave standing water. Empty buckets, pools, and tubs after use.
- Car seats should remain **rear-facing** until 2 years of age or as long as the car seat will allow.
- Lock cabinets and keep cleaning products, 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.
- If you have a gun in the home, make sure it is in a locked safe, unloaded, and separate from ammunition.
- Never leave your child in the car alone, even for a minute.

Other Things....

- Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a grain of rice) of fluoride toothpaste on the brush.
- Have your toddler's shoes properly fitted in length and width, buy flexible non-slip shoes.
- Protect from sun exposure with clothing, hat, shade, or an umbrella. Use broad-spectrum, PABA-free sunscreen with at least SPF 30. Reapply frequently.
- Read and talk to your child daily.
- If you need help with medication dosing, please check out our website or click [here](#).
- The American Academy of Pediatrics (AAP) recommends keeping all electronic screens off around babies and toddlers younger than 18 months.

Discipline/Parenting

- 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.
- Use time-outs wisely.
- Be a good role model.
- All children have tantrums at times. 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.

Vaccines Given at Your Child's Next Well Visit (If not given at 15 months)

- DTaP
- Pneumococcal
- Hepatitis A

Suggested Reading

[“Your Child’s Sleep \(Healthychildren.org\)”](#)

[“Your child, Birth to 5 years \(AAP\)”](#)

[Sample Menu for a One Year Old](#)

[Basic Steps For Initially Using Time-Out: SOS Time-out Guide](#)

Useful Websites

www.canyonviewpediatrics.com

www.cdc.gov/vaccines

www.aap.org

www.seatcheck.org

www.healthychildren.org