

15-17 MONTH WELL CHILD VISIT

WT: _____% HT: _____, _____% HC: _____, _____% **Fluoride** YES NO

DIET

- At 15 months your child should drink 32oz. of whole milk each day.
- Infant cereal should be continued until 2 years of age.
- Encourage your child to drink water. Juice, (even if 100% juice), Capri Sun, and Sunny D, should be avoided since these foods promote childhood obesity and cavities. Also, encourage the use of a cup.
- Foods must be cut into pieces smaller than your baby's pinky fingernail. All foods must be fed with the caregiver in attendance! Do not feed your baby raw carrots, whole grapes, hot dogs, pretzel nuggets, or nuts.
- Your baby may show some food fussiness. This is a time of decreasing food requirements-do not be alarmed!!

GENERAL MEDICAL CARE

Until your child is 6 years old, a parent must brush his teeth twice daily. You may use a "dot" of fluoride toothpaste. Talk to us about fluoride applications available in the office. Prompt diaper changes may encourage toilet training desires. However, your baby is probably too young to be toilet trained at this time.

VACCINES

Vaccines Given: HIB, PREVNAR, OTHER: _____

- Vaccine Information Sheets (VIS) are available for review on our at web site pcpmds.com under "forms and handouts". There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They also have been sent to your own personal portal. Laminated copies are available for your review in the office.
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **Acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101 degrees.

SAFETY: Remember, an accident is the greatest threat to your child's life!!

- **Falls:** The first time your child climbs out of the crib should be the last time he or she climbs out of the crib. TAKE IT DOWN!!! Also, use gates on stairways and doors. Watch for chairs that can be used for climbing up on counters, tables, etc.
- **Firearms:** If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition.
- **Burns:** Never carry your baby and hot foods at the same time. Also, keep all hot items away from your growing babies grasp. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.
- **Drowning:** Never leave your baby without an adult's hand physically on him or her around any water- even for a moment. This includes pails, toilets, pools, bathtubs, etc. Pools should be fenced on all sides.
- **Poisoning:** Lock up/remove all materials in your home with any caution, warning or poison labels. In case of questionable ingestion, call the Poison Control @ 800-222-1222.
- **Car seat:** Your baby must be in a car seat, properly installed in the rear seat, rear facing, until 2 years of age.
Choking: Your child will put anything in his or her mouth!! Keep all small objects out of reach and remove all drawstrings from hoods, jackets, etc. Also, keep all blind pull strings high and out of your child's reach. Learn CPR.

SOCIAL/DEVELOPMENT

- **Read, Sing, and Talk** to your baby daily. This will help with his or her language and mathematical development.
- Babies do not need to watch TV or play video games, even if "educational." Your child's habits are forming already!! TV and video games may actually decrease your child's intelligence.
- Discipline your child with 1-minute time outs and a firm voice.
- Notice and praise your child's good behavior.

FOLLOW-UP

Your baby's next well child visit is at 18 months of age. Your child will receive the DaPT #4 and Hepatitis A #2 vaccine.

PLEASE TAKE THE MCHAT SURVEY ON OUR WEB SITE BEFORE THE NEXT WELL VISIT