



15 Months Old - Important Points to Know

DIET Your child should be taking whole milk or formula until 2 years of age. Do not allow more than 16-24 oz a day. Some children do not like milk. Try to offer other dairy sources such as yogurt, cheese and cottage cheese.

You will need to give your child a daily vitamin supplement to make sure that he receives the recommended 400-600 IU of Vitamin D per day.

You have probably noticed a change in your toddler's appetite. It is normal for him to eat great one day and reject meals the next. Do not get in food battles with him! Caloric intake tends to even out throughout the week and it is important that your child learn to listen to his body and eat only when hungry.

Do not bribe your child to eat or finish a certain amount of food ("take three more bites" etc). This can be detrimental down the road as good eating habits/eating socialization starts early.

Limit juice to 4 ounces with a meal once per day. Juice is not a necessity! It is full of sugar, fills up the tummy and provides only "empty" calories. Try to use it as a treat rather than a regular part of the diet.

TEETH Brush teeth with fluoridated toothpaste twice a day. Poke a pinhole in the foil covering the opening of the toothpaste to prevent accidental consumption. Make brushing teeth a game or sing a song to make it a more enjoyable experience. Toddlers are protective of their mouths and can be a bit stubborn with this activity!

Fluoridated water is important for children's teeth. City water in our area has plenty of fluoride added.

Do not allow your child to walk around with juice or milk in a sippy cup. Sugar from these beverages can lead to tooth decay when it is on the teeth all day. It is better to offer these drinks at one sitting, such as with a meal or snack.

SAFETY Toddlers are great climbers! Anchor any furniture to the wall that could tip if climbed on such as dressers, shelves and TV stands. Store your poisons locked away and keep the Poison Control number posted in your home (1-800-222-1222). Reminder: Keep your car seat facing backwards until 2 years of age!

DISCIPLINE Temper tantrums may become more frequent at this age. As long as the child is not hurting someone or himself, ignore the tantrum. Simply walk away. If the tantrum is not rewarded with attention, the behavior will dissipate with age and increasing verbal skills.

The most important part of discipline is consistency! Your child is learning boundaries and the behaviors you expect. Follow through on a threatened consequence so that your child understands your words have meaning! Pick your battles, and try to use positive redirection instead of saying NO all the time.

Remember that an equally important part of this process is praising your child and giving him positive attention when he is behaving well. Many children act out because they get more attention this way than when they are quiet and well behaved.

BOOKS & WEBSITES www.healthychildren.org, www.aap.org *Caring For Your Baby and Young Child*, by the American Academy of Pediatrics *Baby 411*, by Denise Fields, Ari Brown, M.D. *Touchpoints*, by T. Berry Brazelton, M.D. *SuperNanny: How to Get the Best From Your Children*, by Jo Frost