



## 15 Month Well Child Check

### Expected Developmental Milestones

- Vocabulary of 3-6 words
- Uses a spoon
- Follows 2-step commands
- Kicks a ball
- Stacking 3-4 blocks
- Imitates adults or older siblings

### Sleep

- Goal of 12-15 hours of sleep total per day
- Put child to bed at the same time every night, early is better.
- Tuck your child in when drowsy, but awake
- Have a simple bedtime routine that includes a book and make the hour before bedtime calm

### Safety

- Rear-facing car seat in the back seat until 2 years of age
- Never leave your baby alone near any water
- Lock up poisons, medicines, cleaning supplies, and knives/scissors
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

### Med Dosing

<i>Weight</i>	<i>Infants' Motrin (every 6-8 hours as needed)</i>	<i>Infants' Tylenol (every 4-6 hours as needed)</i>
12-17 lbs	1.25 mL (¼ tsp)	2.5 mL (½ tsp)
18-23 lbs	1.875 mL	3.75 mL (¾ tsp)
24-35 lbs	2.5 mL (½ tsp)	5 mL (1 tsp)

### Healthy Teeth

- Take your child to first dental visit if not already done
- Brush teeth twice daily
- Eliminate bottles, offer only water at night

### Play

- Allow baby to play with toys with roll, blocks and containers
- Try to give 2 choices when possible
- Avoid use of TV, videos, phones, computers
- Talk, sing, play music, and read daily
- Keep daily routines for baby

### Discipline

- Use distraction to stop temper tantrums if possible
- Offer praise for good behavior
- Set consistent limits and consequences to teach and protect your child, not punish

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- DTaP #4 - Hib #4	- DTaP #4 - Hib #4 - Hepatitis B #3

<https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 18 months old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)  
Poison Help: 1-800-222-1222
- Birth to Five Helpline:  
1-877-705-KIDS (5437)