



15 Month

CHECK UP

HT ____ WT ____ HEAD ____

NEW WINDSOR PEDIATRICS, PLLC

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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

SAFETY

1. BE SUPER CAUTIOUS AROUND WATER. Children can drown in the smallest amount of water.
2. Set hot water heaters at 120 degrees to help avoid burns. Also light bulbs, vaporizers, heaters, stoves, irons and even hot dishes at the table can cause burns.
3. Always have toddler in appropriate car seat. Please read manuals for proper installation.
4. Children at this age love to climb. You will need to baby proof at new heights.

NUTRITION

1. Almost all children prefer finger foods at this age with some trying to use a fork and spoon.
2. Many toddlers eat less and have slower weight gain at this time. Fluids should be about 16 ounces of whole milk and 4-8 ounces of juice. Excessive drinking can cause nutritional problems.
3. ALL BOTTLES SHOULD BE PACKED AWAY.
4. Some babies prefer to eat many times a day rather than set meals. We call these mini-meals of nutritious foods.

COMMON PROBLEMS

TEMPER TANTRUMS:

May be avoided by distractions. Parents should show sympathy and then walk away: "I'll be in the other room if you want me." Helps learn self-control.

DISCIPLINE:

Setting limits and positive reinforcement.

TODAY'S IMMUNIZATIONS

DTaP, Hib and Pneumococcal.

Less than 20% of babies will feel effect from shots. Can give infant Tylenol if fever. Call if fever greater than 102, excessive crying or unusual behavior.

NEXT VISIT: Please return for next check up when baby is 18 MONTHS. Scheduled vaccine is Hepatitis A #1.