

14 to 15 Month Checkup

Date: _____

Weight: _____

Height: _____



“When my daughter takes a bath, I give her a bath board book to look at and ask her to find pictures of different things for me. It really has inspired her to open books.”

—Kaiser Permanente Member

Your child may be ready to ...

- say 3 - 10 words and understand simple commands
- point to parts of his/her body
- walk well and climb stairs
- drink from a cup
- express wants by pulling, pointing, or grunting

Feeding

- Encourage your child to drink liquids from a cup. Wean your child from the bottle by 18 months.
- Give your child 2 cups/day of whole milk or full-fat soy milk (not low-fat or nonfat until 2 years old).
- Limit juice to no more than 4 - 6 oz. each day. Also, limit chips, fast foods, and sweets. Do not serve soda.
- Many children eat less at this age. Let your child decide how much to eat.
- Most children eat 3 meals a day plus snacks. Offer a variety of healthy foods.
- Avoid foods that may cause choking (whole hot dogs, nuts, chunks of meat, cheese, peanut butter, whole grapes, hard or sticky candy, popcorn, or raw vegetables).

Healthy habits

- Don't smoke! Talk with your doctor or contact your Kaiser Permanente Health Education Department if you would like to quit smoking.
- Do not put your child to bed with a bottle. It can cause tooth decay.
- Brush your child's teeth every day with a toothbrush and water only. Don't use toothpaste until your child is 2 years old.
- To protect your child from the sun, try to stay in the shade, especially between 10 am and 4 pm. Use a broad spectrum (UVA and UVB protection) sunscreen with an SPF of at least 15. Cover him

or her up with a broad brimmed hat, long sleeves and pants, and sunglasses with UV protection.

- Go for family walks.
- Children under age 2 should not watch TV or videos. Too much TV may negatively affect early brain development.

Safety

- **Prevent burns.** Make sure that your child cannot grab hot pots, curling irons, or coffee cups. Install smoke detectors and check the batteries regularly. Place plastic plugs in all electrical sockets.
- **Car seat.** Use the car seat for every ride. Your child should always ride in a rear-facing car seat in the back seat. Keep your child in a rear-facing car seat until 2 years of age or until he or she reaches the highest height or weight allowed by your car seat's manufacturer. If you have questions or need help installing your car seat call 1-866-SEATCHECK or visit www.seatcheck.org. For more information, review the car seat information on your child's doctor's home page.
- **Prevent poisoning.** Keep cleaning products and medicines in locked cabinets out of your child's reach. Keep the Poison Control Center number handy: 1-800-876-4766.
- **Avoid lead poisoning.** Tell your doctor if your child spends a lot of time in a house built before 1978 that has chipped or peeling paint or that has been recently renovated.
- **Pet safety.** Never leave your child unattended with any animal, even family pets. Always closely supervise play with pets. At this age kids are naturally curious and get excited easily.

Parenting

- Read stories, talk, and play games with your child throughout the day.

- Encourage your child to play with other children.
- Never leave your child alone in the house or car.
- Discipline your child: Say “no,” then physically move your child from the dangerous situation. Do not yell or spank. Be a good role model.

Temper Tantrums

The facts

- Almost all children have temper tantrums at some time. Tantrums are a normal part of growing up.
- Tantrums are a child’s way of expressing anger, frustration, and disappointment.
- Tantrums often occur from 1-3 years of age. By age 4, tantrums usually stop.
- Tantrums are more common when a child is tired, hungry, or sick.
- Tantrums are less likely to continue when children learn that they will not get attention (or get their way) by having them.
- Tantrums are also less likely when children learn how to express themselves with words.
- If your child has a tantrum, it is not a sign of “bad” parenting or a “bad” child.

Preventing tantrums

- Be consistent with discipline, but remember to avoid saying “no” all the time. It will only frustrate your child.
- Don’t have too many rules.
- Give praise and hugs for good behavior.
- Have your child take naps regularly.
- Offer meals and snacks regularly.
- Avoid situations where your child is likely to have a tantrum, such as going on long outings where your child has to sit still or cannot play.
- Remove toys that cause frustration.
- Be patient. Don’t yell or spank.
- Teach your child how to express him/herself with words.

The information presented here is not intended to diagnose health problems or to take the place of the information or medical care you receive from your child’s health care professional. If your child has persistent health problems, or if you have additional questions, please consult your child’s physician or other health care professional.

- Set a good example. Avoid arguing or yelling in front of your child.

If your child has a tantrum

If your child is frustrated or tired, try to offer some comfort. Praise what he/she does well. Be understanding. Put your child to bed if tired, or feed your child if he/she is hungry. Remove toys that cause frustration.

If your child is being demanding

Ignore these tantrums. Move to a different room so the child does not have an audience. Do not try to reason with him/her, as this usually makes a tantrum worse. Do not give in to these tantrums.

If your child refuses to do something

Don’t overreact if your child says “NO.” Many toddlers will say no to almost any request. Don’t punish just for saying no. If something important is being refused (like going to day care), gently pick your child up and take him/her to day care. If something unimportant is being refused, let it go. Choose your battles carefully and do not yell or spank. Yelling or spanking makes tantrums worse.

If your child is disruptive in a public place

Take the child to a restroom or your car for a few minutes and allow the child to calm down. Do not yell. Talk in a boring, neutral tone.

If your child is out of control

If your child is screaming wildly or if there is danger of self-injury (throwing him/herself backwards), hold the child until his/her body starts to relax (usually 1 - 3 minutes) or put your child in a safe quiet area to calm down.

If your child is holding his/her breath

Some children hold their breath during a severe temper tantrum and will turn blue and sometimes faint for a short

period of time. Although this is frightening when it occurs, stay calm. He/she will awaken within 60 seconds. Over-reacting can reinforce the behavior.

Do not punish your child for having tantrums. Using a loving, understanding and consistent approach will help your child through this part of development.

If you are having problems with tantrums, talk to your physician or other health care professional to find out more about your child’s temperament (personality).

Other Resources

Web Sites

Kaiser Permanente
kp.org

American Academy of Pediatrics
healthychildren.org

National Highway Traffic Safety Administration
nhtsa.org

Preventive Ounce
preventiveoz.org

Books

Caring for Your Baby and Young Child—American Academy of Pediatrics
Mommy Made and Daddy Too: Home Cooking for a Healthy Baby & Toddler—Kimmel, et al.

Temperament Tools—Neville
When ‘No’ Gets You Nowhere: Teaching Your Toddler and Child Self-Control—Brenner

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your child is 18 - 24 months old.



Your child may get immunizations (shots) at the next visit.