

15 Month Visit – Parent Handout

Talking and Feeling

- Show your child how to use words.
- Use words to describe your child's feelings.
- Describe your child's gestures with words.
- Use simple, clear phrases to talk to your child.
- When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Healthy Teeth

- Use a small amount of fluoride toothpaste (size of a grain of rice) on a toothbrush to brush your child's teeth.
- Take your child for a first dental visit if you have not done so
- Brush your child's teeth twice each day after breakfast and before bed.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.
- Limit the need to say "No!" by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

Safety

- The car seat should be rear-facing in the back seat in all vehicles for the first two years of life.
- Remove coat before buckling in car seat.
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.
- Use sunscreen when outdoors. Reapply frequently.

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