

## Your 15 Month Old

Normal Development – what to expect from 15 months to 18 months old

### Daily Activities

- Loves to explore
- Loves to play in water
- Likes to feed self
- Enjoys throwing, rolling, pushing and pulling

### Language

- Understands simple commands
- By 15-18 months says “mama” and “dada” specifically and at least 3 other words
- Likes to watch and imitate adult activities

### Thinking and Learning Development

- Looks to parent for help
- Learns cause and effect relationship and repeats enjoyable activities
- Begins to experiment through trial and error

### Motor skills

- Walks without help
- Climbs stairs with help
- Picks up objects while standing

### Sleeping

- Have a simple bedtime routine every night. (See pg 3 for more tips)
- Put child down to sleep at night drowsy but still awake.
- Napping 1-2 times daily.

### Play

- Toddlers are always on the go! There are lots of ways to channel this energy in positive ways.
- Find physical activities that are fun for the whole family.
- Get outside and play together!
- Limit the amount of time your child watches TV (the American Academy of Pediatrics suggests no TV time for children less than 2 yrs)
- Look for community programs that encourage physical activity.
- Great website: [rochester.kidsoutandabout.com](http://rochester.kidsoutandabout.com)



### The Highlights!

- **“Stanger Anxiety”** is a normal part of this age
- Tantrums begin, if they haven’t already
- Learn **Positive Parenting** skills, give choices whenever possible and try to say “no” only when your child could get hurt or hurt someone else.
- Car seat should be rear-facing in the back seat until at least 2 yrs of age
- Picky eating may begin, if it hasn’t already (see pg 4 for some tips for parents)
- Take your child to the dentist at around 1 yr



### Food, Food, Food!

- Between 1 and 2 years old the amount your child eats can change on a daily or weekly basis. They may love something one day and Yuk! the next day. This is normal.
- Continue to offer a variety of foods.
- About 3 meals and 2 snacks per day
- Whole milk until age 2 - usually no more than 24oz/day.
- Transition off the bottle to 100% sippy cup; try a straw.
- Continue to encourage and offer utensils.

### Mealtimes a struggle?

- Review our picky eating handout on our website
- May give a multivitamin with iron – Polyvisol with iron 1 dropperful daily.
- If keeping on the growth curve then it’s ok and your child is getting enough.

### Some Helpful and Trusted Websites:

- [Healthychildren.org](http://Healthychildren.org) (American Academy of Pediatrics)
- [Genesispediatrics.com](http://Genesispediatrics.com) for our Genesis Advice Packet (GAP)
- [vec.chop.edu/service/vaccine-education-center/home.html](http://vec.chop.edu/service/vaccine-education-center/home.html) (Children’s Hospital of Philadelphia for vaccine information)

### Next Visit:

See you in 3 months  
for the 18 month visit!



### Where is Lead Found?

Lead based paint was frequently used in homes built before 1978. Renovating these homes can release lead and cause a danger to everyone in that home, especially children. It is possible that parents who work in certain professions (painting, plumbing, construction, auto repair, welding) can bring lead home on their clothing and shoes. Lead can also be found in improperly fired ceramic or pottery made in a foreign country. Children are required to be tested for lead at 1 and 2 years old or at any time that they are found to be at risk for lead exposure.

### Lead Exposure Risk Questionnaire

1. Does your child live in or regularly visit a house/building built before 1978 with peeling or chipping paint or with recent remodeling? Includes day care center, preschool or babysitter's home. (Yes/No)
2. Has your family ever lived outside of the United States or recently arrived from another country? (Yes/No)
3. Does your child have a brother or sister, playmate being treated for lead poisoning? (Yes/No)
4. Does your child frequently put things in their mouth or eat non-food items? (Yes/No)
5. Does your child see an adult whose job or hobby involves lead? Including painting, plumbing, construction, auto repair, welding. (Yes/No)
6. Does your child live near an active industrial site or a busy road? (Yes/No)
7. Does your family use products from other countries such as health remedies, spices or foods or serve food in leaded crystal, pottery or pewter? (Yes/No)

If the answer is YES to any of these questions, then your child is considered to be at risk for lead exposure and should have a lead screening test.



### Taking care of your baby's teeth:

- Clean teeth with a soft infant toothbrush and a tiny smear of children's fluoride toothpaste 2x/day.
- Floss when teeth start to become closer together.
- Avoid sipping milk or juice all day long to protect teeth from cavities.
- Brush your own teeth and avoid sharing cups and spoons with your child. Sharing can spread germs that cause cavities from your mouth to your child's mouth.

### Childproofing your home:

- Be careful: your baby is exploring, climbing and pulling up. Make sure the area is safe, then encourage your baby to explore. Pools should have a fence.
- Avoid jewelry with small pieces that could come off and be swallowed.
- Any medications should be kept in a safe place.
- Remove guns from the home or remember to keep them unloaded and locked up.

### Safety

#### Carseat:

Car seats should be rear facing in the back seat until at least 2 years of age. Never put your child in the front seat of a vehicle with a passenger airbag.

#### Burns:

Reduce the hot water temperature in your home to 120F.

Have working smoke and carbon monoxide alarms and an escape plan.

#### Choking:

Avoid hard things like chunks of raw carrots, apples, whole peanuts, popcorn.

Avoid whole hot dogs, whole grapes.

**Crib:** Make sure that the crib is on the lowest rung

### For Parents:

**Don't smoke!** Smoking around your baby, smoking in the car that they ride in or holding your baby with the smell of smoke on your clothes is not healthy for your baby. This exposes them to toxins and can lead to **breathing problems, increase the risk of SIDS and ear infections.**

### New York States Smoker's Quitline

Free and Confidential

Tobacco-Free Coaching

Free Nicotine Replacement options

1-866-NY-QUITS (1-866-697-8487)

or [www.nysmokefree.com](http://www.nysmokefree.com)

# I Have a Few Questions...

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## 1. Why is my child scared of new people?

**"Stranger Anxiety"** – starts by about 15 months

Your child may be anxious around new people, this is normal. This shows attachment to you! Be sure to comfort your child.

Allow "warm up" time with new people.

Remind friends & relatives to give space, get down on floor, and let the child approach you

## 2. I need a few suggestions on positive parenting!

Start offering choices – would you like to put this shoe on or that one? Hold my hand or I will pick you up? It helps to give a choice but make it clear that your child must do one of the choices. Decide if it's worth the struggle before the struggle. "Pick your battles".

### Show your child how to use words:

- Use words to describe your child's feelings.
- Use simple, clear phrases to talk to your child.
- When reading, use simple words to talk about the pictures.

Visit our website for our booklist – look for any topics including hitting, biting

## 3. What can I do when my child has a tantrum?

- Distract
- Decrease the audience, walk away
- Choose your battles
- Limit the need to say "no" by making your home and yard safe for play.
- Praise good behavior



## 4. What do I do if my child has swallowed something poisonous?

DO NOT WAIT to see if your child will be ok! Act quickly and call!

**Poison Control 1-800-222-1222**



## 5. Any suggestions on how to help my child get a good night's sleep?

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine and be consistent every night – same time, same setting, read books, sing songs, bath time before bed.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child while drowsy but still awake.
- Avoid giving fun attention if your child wakes up in the middle of the night. Use words to reassure and give a blanket or toy to hold for comfort.

## 6. Any tips on getting rid of the pacifier?

- If you haven't already, start thinking about strategies to minimize pacifier use.
- At wake-up time say "bye bye" and leave it in the crib.
- If upset offer time in crib with pacifier.
- Set up rules – only in the car, only in own bed.
- Offer alternative for comfort.

But I have another question!

For non-urgent questions contact us through the portal at [genesispediatrics.com](http://genesispediatrics.com)



# My Toddler is a Picky Eater! Help!

When your child is a picky eater, mealtimes can seem more like a battle than a time to relax and connect as a family. Try these tips before you give up and order a pizza or run to the nearest drive-thru.

## Lead by example

Your children watch what you do. You are their most important role model. If you choose healthy foods, your child is much more likely to choose healthy foods too.

## Stock up on healthy choices

Buy lots of fruits, veggies, whole grains and low-fat dairy products.

## Limit junk food in your home

Limit the foods that are high in fat, high in calories and have lots of sugar.

Your child can't choose junk food if it's not in your home.

## Don't force it!

- Forcing your child to eat will only cause stress for you and your child.
- Serve a few fruits and veggies at mealtimes, let your kids find the foods they like.
- Children may need to see something several times before trying it.



## Try new foods

Try different foods and flavors to help your child find foods they like.

- If you already eat sliced apples also try sliced avocado or sliced kiwi.
- If you already eat carrot sticks, also try snap peas, sliced bell peppers, or cucumbers.

## Get creative

- Add fruits and veggies to foods your child already likes.
- Add blueberries and oats to pancakes.
- Add sliced fruit to your child's cereal.
- Serve shredded veggies over rice or whole wheat pasta.
- Make smoothies with fresh or frozen fruit and yogurt.

## Make healthy food fun to eat

- Cut baked chicken, low-fat cheese and veggies into bite sized pieces.
- Let kids dip these pieces into dunking sauces like hummus, ranch dressing, ketchup and mustard.
- Cut sandwiches into fun shapes like triangles or use cookie cutters for other shapes.
- Give your child the ingredients to build their own healthy taco or pizza.

## I've tried your suggestions but I need more help!

Try a few more things:

- Avoid snacking 2 hrs before a meal
- Avoid drinks at least 30 minutes before a meal
- Offer drinks only at the end of the meal. You may even need to keep everyone else's drinks off of the table too.
- Starving before dinner? Offer last night's leftover veggie or meat (non-preferred food) in the high chair as you make dinner.
- Check to make sure that your babysitter is not feeding your child right before you get home.

# Hepatitis A Vaccine:

## What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Why get vaccinated?

**Hepatitis A vaccine** can prevent **hepatitis A**.

**Hepatitis A** is a serious liver disease. It is usually spread through close personal contact with an infected person or when a person unknowingly ingests the virus from objects, food, or drinks that are contaminated by small amounts of stool (poop) from an infected person.

Most adults with hepatitis A have symptoms, including fatigue, low appetite, stomach pain, nausea, and jaundice (yellow skin or eyes, dark urine, light colored bowel movements). Most children less than 6 years of age do not have symptoms.

A person infected with hepatitis A can transmit the disease to other people even if he or she does not have any symptoms of the disease.

Most people who get hepatitis A feel sick for several weeks, but they usually recover completely and do not have lasting liver damage. In rare cases, hepatitis A can cause liver failure and death; this is more common in people older than 50 and in people with other liver diseases.

Hepatitis A vaccine has made this disease much less common in the United States. However, outbreaks of hepatitis A among unvaccinated people still happen.

### 2 Hepatitis A vaccine

**Children** need 2 doses of hepatitis A vaccine:

- First dose: 12 through 23 months of age
- Second dose: at least 6 months after the first dose

**Older children and adolescents** 2 through 18 years of age who were not vaccinated previously should be vaccinated.

**Adults** who were not vaccinated previously and want to be protected against hepatitis A can also get the vaccine.

Hepatitis A vaccine is recommended for the following people:

- All children aged 12–23 months
- Unvaccinated children and adolescents aged 2–18 years
- International travelers
- Men who have sex with men
- People who use injection or non-injection drugs
- People who have occupational risk for infection
- People who anticipate close contact with an international adoptee
- People experiencing homelessness
- People with HIV
- People with chronic liver disease
- Any person wishing to obtain immunity (protection)

In addition, a person who has not previously received hepatitis A vaccine and who has direct contact with someone with hepatitis A should get hepatitis A vaccine within 2 weeks after exposure.

Hepatitis A vaccine may be given at the same time as other vaccines.

### 3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of hepatitis A vaccine, or has any severe, life-threatening allergies.**

In some cases, your health care provider may decide to postpone hepatitis A vaccination to a future visit.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting hepatitis A vaccine.

Your health care provider can give you more information.

## 4 Risks of a vaccine reaction

- Soreness or redness where the shot is given, fever, headache, tiredness, or loss of appetite can happen after hepatitis A vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

## 5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

## 6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

## 7 How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)



# Pneumococcal Conjugate Vaccine (PCV13): *What You Need to Know*

Many vaccine information statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1. Why get vaccinated?

Pneumococcal conjugate vaccine (PCV13) can prevent **pneumococcal disease**.

**Pneumococcal disease** refers to any illness caused by pneumococcal bacteria. These bacteria can cause many types of illnesses, including pneumonia, which is an infection of the lungs. Pneumococcal bacteria are one of the most common causes of pneumonia.

Besides pneumonia, pneumococcal bacteria can also cause:

- Ear infections
- Sinus infections
- Meningitis (infection of the tissue covering the brain and spinal cord)
- Bacteremia (infection of the blood)

Anyone can get pneumococcal disease, but children under 2 years old, people with certain medical conditions, adults 65 years or older, and cigarette smokers are at the highest risk.

Most pneumococcal infections are mild. However, some can result in long-term problems, such as brain damage or hearing loss. Meningitis, bacteremia, and pneumonia caused by pneumococcal disease can be fatal.

## 2. PCV13

PCV13 protects against 13 types of bacteria that cause pneumococcal disease.

**Infants and young children** usually need 4 doses of pneumococcal conjugate vaccine, at ages 2, 4, 6, and 12–15 months. **Older children (through age 59 months)** may be vaccinated if they did not receive the recommended doses.

A dose of PCV13 is also recommended for **adults and children 6 years or older** with certain medical conditions if they did not already receive PCV13.

This vaccine may be given to healthy **adults 65 years or older** who did not already receive PCV13, based on discussions between the patient and health care provider.

## 3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of PCV13, to an earlier pneumococcal conjugate vaccine known as PCV7, or to any vaccine containing diphtheria toxoid** (for example, DTaP), or has any **severe, life-threatening allergies**

In some cases, your health care provider may decide to postpone PCV13 vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting PCV13.

Your health care provider can give you more information.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention



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## 4. Risks of a vaccine reaction

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- Redness, swelling, pain, or tenderness where the shot is given, and fever, loss of appetite, fussiness (irritability), feeling tired, headache, and chills can happen after PCV13 vaccination.

Young children may be at increased risk for seizures caused by fever after PCV13 if it is administered at the same time as inactivated influenza vaccine. Ask your health care provider for more information.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

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## 5. What if there is a serious problem?

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An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

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## 6. The National Vaccine Injury Compensation Program

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The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim.

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## 7. How can I learn more?

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- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at [www.fda.gov/vaccines-blood-biologics/vaccines](http://www.fda.gov/vaccines-blood-biologics/vaccines).
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636** (**1-800-CDC-INFO**) or
  - Visit CDC's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

