



Bayside Medical Group Inc.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED: (if checked)

- MMR (Measles, Mumps, Rubella Vaccine)
- HIB (Haemophilus Influenza B Vaccine)
- Prevnar (Pneumococcal Vaccine)

NEXT VISIT: _____

NOTES: _____

FIFTEEN MONTH WELL BABY EXAM

Nutrition

Kids this age differ a lot in how much they eat. Some days they'll eat as much as you, some days not enough to feed a mouse. Your job – offer a variety of healthy food. Their job – decide to eat and how much. Some kids need a new food introduced to them at 10 different meals before they'll even think of touching it. Water and milk are best to drink. Juice is natural, but very sugary and best in small amounts if at all.

Dental

Brush teeth twice a day with non-fluoride toothpaste. Give the child a turn and then the parent a turn. Never let a child run with a toothbrush. First visit to the dentist usually happens between 2-4 years old. Fluoridated water helps to build strong teeth.

Development

Usually by this point, children will combine words together into two word phrases. They can walk up steps and kick balls. If they aren't already, they'll be jumping up and down – sometimes in excitement and sometimes in frustration! Nightmares and fears are common now. They are often obsessed with order and ritual. Tantrums are still common – give sympathy to those due to frustration and ignore those due to manipulation – but be firm. For potty training, see our handout.

Play and Toys

Symbolic play is fun at this age – a box becomes a boat, a house, a cave. Walk together and talk about what you see. Read books together and talk about the pictures (your local library has lots of toddler books). They love the same story or song over and over – and it helps them learn. Limit TV to _ hr at a time, at most twice a day.

Discipline

When you set clear consistent limits and follow through with consequences, you make the most difference. Time outs should be no more than 2 minutes in a boring, public place. Natural consequences often work well in this year ("I'm so sorry we couldn't stay at the park because you hit someone. Hopefully next time you will remember to use your words and we can stay at the park."). Give her lots of attention when she isn't misbehaving. Try to phrase corrections in positive terms: "Be gentle" rather than "not so rough." Make sure he knows that you don't like the behavior but you like him. Give choices ("do you want the red shirt or the blue one?") whenever possible. Give advance notice before making a transition to a different activity. Try to involve even a 2 year old in simple chores – it makes them feel important and pays off later on!

Safety

Review the Bayside child-proofing handout. Be especially careful now that children can climb easily and problem solve ("if I drag the chair over there, I can reach on top of the cabinet..."). Poison control # 1-800-222-1222.