



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: \_\_\_\_\_

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## FIFTEEN MONTH WELL BABY EXAM

### Nutrition

Mealtime can knit a family together; if it becomes a battle, cut it short. When your child refuses food, mealtime is over for him or her. Serving size is approximately one tablespoon per year of age, but varies a lot. It is normal for toddlers' appetites to decline, and their pickiness to increase. Expect one good meal a day with a diet balanced over the course of a week. A good rule of thumb: 3 meals and 2 or 3 snacks a day.

### Dental

Brush teeth once a day; use fluoride toothpaste when he or she can rinse and spit. No bottles in bed.

### Development

Language progresses further, with more single words, some words put together, and pointing to things. Reading to him or her is a great idea. Careful with the TV – not too much. Kids get very mobile about now, climbing and running. They are also more adroit with block stacking and scribbling. Potty training – see Bayside handout – most kids are not ready. Temper tantrums – see Bayside handout. Frustration and tantrums are normal, but that doesn't mean it is easy to deal with them. It's not. Calmness on your part is very helpful.

### Play and Toys

Active and interactive play is important – play is a child's work! Freedom of play is important, and if you can follow him or her and participate, rather than directing, you will do well. Watch what he or she likes to do, and supply the toys he or she likes best. Good ideas: big dolls, tub toys, boxes, crayons. Another good idea: the toddler section of playgrounds.

### Discipline

Practice positive parenting – catch them being good and compliment them on it. Time outs are not punishments, but a time to gather oneself. Don't just point out what the "no" behavior is – redirect him or her to a "yes" behavior. "No" behavior to redirect: hitting, biting, and aggressive behavior. Offer acceptable choices. "Do you want to wear the red shirt or the blue shirt?"

### Safety

Parents need to provide consistent supervision for children this age. Review the Bayside child-proofing handout. Be especially careful about water: never leave a child in the tub alone, keep toilet seats down, close the bathroom door, set your water heater to 120°F. Secure the TV so it can't topple over. Be careful of sharp toys. Be careful of streets. Design your child's world to be as safe as possible.