



KJARTAN D. ARMANN, M.D.
Infant, Child and Adolescent Medicine

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ANTICIPATORY GUIDANCE

15-18 MONTHS

Vaccines:

Immunization: MMR #1; Hib #4; DTaP (Diphtheria, Tetanus, whooping cough),

Side effects: Some side effects include fever, irritability and fussiness, excessive crying, vomiting, sleepiness and swelling at injection site among others.

FEEDING

- Wean from bottle! (if not already done)
- Offer whole milk (16-24 ounces/day)
- No 2% or skim milk until 2 years of age
- Offer 3 meals & 3 snacks daily
- Let child decide how much to eat, you pick the foods
- Set a good example - eat healthy!
- Encourage self-feeding even if messy
- Always supervise eating
- Avoid choking foods (nuts, popcorn, carrots, raisins, hard candy)

GENERAL CARE / SAFETY

- Use a safety seat in the back seat
- Childproof your home
- Encourage safe exploration
- Supervise your child at all times especially near water, pets, cars, stoves, and tablecloths
- Brush child's teeth with a soft toothbrush and water
- Keep poison control center number handy – (800) 222-1222



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- Limit sun exposure and use sunblock
- Use insect repellent if needed
- Praise good behavior
- Set limits and routines, be consistent and reasonable
- Discourage aggressive behavior
- Use discipline such as “time out” to teach a lesson – not to punish
- Delay toilet training
- Set a good example with your behavior
- Never smoke around children
- **NEVER SHAKE A CHILD!**

PLAY

You can encourage development through play

- Talk, sing, and read together
- Play interactive games
- Offer simple and fun tasks
- Continue naming parts of the body & the environment
- Do not use baby talk
- Create routines such as a bedtime story
- Avoid using the word “NO”

DEVELOPMENTAL MILESTONES

PHYSICAL & MOTOR SKILLS

- Walks well
- Bends down to pick up items
- Climbs stairs
- Stacks two blocks
- Throws a ball overhand
- Places and removes items from containers
- Feeds self with fingers
- Tries to take off clothing



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SENSORY & COGNITIVE SKILLS

- Says about 10 words
- Points to body parts
- Understands one step commands
- Listens to a story
- Imitates household tasks

Developmental Health Watch

Although children develop at different rates, failure to reach certain milestones may signal a problem. If you notice any of the following warning signs in your infant, discuss them with your pediatrician.

- Not trying to walk
- Cannot pick up small objects when given the chance
- Does not point
- Loss of previously known skills
- Uneven walk or limping
- Frequent falling forward when walking
- Says fewer than 5 words