

DISCIPLINE: I still do not know what is dangerous for me. You need to keep teaching me what is safe and what is not safe. Say “no” to those things that are dangerous to me. Remove me from that activity to something else safe and fun. **Do not spank me.** It is important for me that you give me hugs and kisses when I do something that makes you happy, such as sharing my toys, or eating my food.

IMMUNIZATIONS: I will be receiving a Measles/Mumps/Rubella (MMR) shot today. I may get a rash from the MMR shot within two weeks, but it usually goes away in a day.

The amount of fever-reducing medicine I should take is:

Dear Mom and Dad,

I am starting to say a lot of words. I learn to talk by repeating what you say. Please do not use curse words or foul language in front of me. Teach me to say nice words. Teach me to be respectful of myself and other people.

My next visit to the clinic should be:

I am
Fifteen Months
Old

TEEN



TOT

CLINIC

Milwaukee Adolescent

Health Program

277-8900

Age _____

Weight _____

Height _____

I am 15 months old. Here are a few things I will be doing if I am not doing them already:

- run short distances
- climb stairs with your help
- bend over to pick up toys
- say 2 or 3 word sentences
- know what you mean when you say “no-no”

PLAYING:

- look through books or magazines with me, matching words with pictures
- tape newspaper to the top of a table so I can scribble on it with crayons
- sing nursery rhymes to me

- cassette tapes or books can be checked out of the library
- offer me pull toys to pull around the house or yard
- offer me riding toys that I can use in the house or on the sidewalk
- enjoy me, laugh with me, hug me, and kiss me because I can be so much fun at this age

FEEDING: Keep working at taking me off my bottle if this has not yet happened. Use a covered training cup to prevent me from spilling. Have me eat with the rest of the family at mealtime. Put small amounts of a food onto my plate from the following food groups: milk group, meat group, vegetable-fruit group, and the bread-cereal group. Keep my snacks healthy when I am hungry between meals. I can use a spoon but I do spill a lot. I still enjoy finger foods. When I am finished eating, you may find me smearing my food, squeezing my food, or poking at my food.

SLEEPING: I will be sleeping 10-12 hours at night and may start taking only 1 nap per day.

SAFETY: Do not let me walk or run with anything pointed, sharp, or glass in my hands. If I fall, I could hurt myself.

Always use my car seat for me when I ride in a car/taxi.

To prevent me from getting lead poisoned, have any chipping, painted or plastered areas repaired. Keep chips swept up.