

Well Check: 15 months

Your child is learning to walk, talk, and to copy things you do. As your child starts to get around more, it's time to start teaching simple rules that will help them be safe. See page 2 for ideas about how to discipline.

Feeding your child

- **Help your child learn to feed on their own and to use a cup and a spoon.**
- **Have your child eat while sitting down in the kitchen.** It's unhealthy for them to eat in front of the TV and unsafe to eat while walking around.
- **Give only healthy foods.** Avoid giving junk food or foods with much added sugar.
 - Give foods with different colors and textures.
 - Avoid foods your child could choke on, such as popcorn, nuts, hot dogs, grapes, or raw vegetables.
 - Be a good example by eating healthy foods.
- **If you're concerned about your child's weight or eating habits, ask your doctor for advice.**

Keeping your child safe and well

- **Make sure your child gets recommended immunizations on schedule.**
- **Take care of your child's new teeth.** Brush them twice a day with a soft brush and water.
- **Be safe in the car.**
 - **Never leave your child alone in a car.**
 - Keep your child in a rear-facing car seat in the middle of the back seat until your child is 2 years old or reaches the maximum height and weight for their seat.



At 15 months old, most children:

- Walk a few steps on their own and crawl up stairs.
- Can stack blocks and pick up small objects with their fingers.
- Can say a few words other than “mama” and “dada.” Show their opinion by saying “no!”
- Understand simple commands (“come here” and “bring me your shoes”).
- Cry when you leave and are nervous with strangers.
- Are not yet ready for toilet training.

Children reach milestones at their own pace. For detailed information about milestones, visit [cdc.gov/actearly](https://www.cdc.gov/actearly), or call 1-800-CDC-INFO.

- When you do turn the car seat to face forward, keep it in the back seat. Be sure to follow the manufacturer's instructions carefully to keep it safe. Never place your baby's car seat in a seat with an air bag.

- **Be safe at home and other places.**

- To prevent falls, keep gates at tops and bottoms of stairs, put up the crib bars, and lock windows and doors.
- Always hold your child's hand when near a driveway or street or in a parking lot.
- Never leave your child alone near water or in the bath, not even for a second. Always empty play pools, buckets, and tubs after use. Make sure pools have a locked fence around them and a pool cover.
- Prevent burns by keeping the water heater temperature below 120° F.
- In the kitchen, keep pot handles facing in from the counter so your child can't reach them.
- To prevent tip-over injuries, secure furniture.
- Lock up medicines, poisons, and chemicals. If there are firearms in any house your child visits, make sure these are locked up too.

Helping your child grow

- **Help your child learn discipline.**

- There are lots of different rules you could teach your child. Focus first on those that will help prevent accidents and injuries.
- Try to talk more about what you do want your child to do, instead of what you don't want them to do.
- If your child is getting into trouble, gently direct them to another activity. Praise your child when behaving well.
- Give your child choices. Allow them to choose between 2 good things, such as a banana and a peach, or between 2 favorite books.

- **Help your child communicate.**

- Talking to, listening to, and responding to your child will help them learn language.
- Talk to your child about what you're doing. Help them name body parts, objects, and textures.
- Help your child express wants by using words. Use simple words to describe feelings.

- **Make plenty of time for active play.**

- Avoid time spent in front of the TV and other screens other than video-chatting.
- Run around and play with your child.
- Give your child stuffed animals, cars to push around, and toys to pull.
- Give your child toys so they can copy things they see you do. These might include a small broom to push, a doll to care for, or a pot and spoon to stir.
- Read to your child, and look at picture books together.

- **Help your child learn good sleep habits**

- Maintain a simple, calming bedtime routine.
- Put your child to bed at the same time every night.
- Help your child learn to fall asleep alone. Say good night when they are sleepy but still awake. If they wake in the night, offer a blanket or toy, but don't get them out of bed.
- Your child needs 11 to 14 hours of sleep a day at this age (including nap time). Some children need 1 or 2 naps, while others don't need any.

My follow-up appointment

Your next well-child visit will be when your child is 18 months old.

Date/Time: _____

When should I call?

If you think your child may have eaten poisons, medicines, or cleaning supplies, call Poison Control immediately at 1-800-222-1222.

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