

Child's Well Visit, 14 to 15 Months: Care Instructions

Your Care Instructions

Your child is exploring his or her world and may experience many emotions. When parents respond to emotional needs in a loving, consistent way, their children develop confidence and feel more secure.

At 14 to 15 months, your child may be able to say a few words, understand simple commands, and let you know what he or she wants by pulling, pointing, or grunting. Your child may drink from a cup and point to parts of his or her body. Your child may walk well and climb stairs.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

Safety

- Make sure your child cannot get burned. Keep hot pots, curling irons, irons, and coffee cups out of his or her reach. Put plastic plugs in all electrical sockets. Put in smoke detectors and check the batteries regularly.
- For every ride in a car, secure your child into a properly installed car seat that meets all current safety standards. For questions about car seats, call the National Highway Traffic Safety Administration at 1-888-327-4236.
- Watch your child at all times when he or she is near water, including pools, hot tubs, buckets, bathtubs, and toilets.
- Keep cleaning products and medicines in locked cabinets out of your child's reach. Keep the number for Poison Control (1-800-222-1222) near your phone.
- Tell your doctor if your child spends a lot of time in a house built before 1978. The paint could have lead in it, which can be harmful.

Discipline

- Be patient and be consistent, but do not say "no" all the time or have too many rules. It will only confuse your child.
- Teach your child how to use words to ask for things.
- Set a good example. Do not get angry or yell in front of your child.
- If your child is being demanding, try to change his or her attention to something else. Or you can move to a different room so your child has some space to calm down.
- If your child does not want to do something, do not get upset. Children often say no at this age. If your child does not want to do something that really needs to be done, like going to day care, gently pick your child up and take him or her to day care.

- Be loving, understanding, and consistent to help your child through this part of development.

Feeding

- Offer a variety of healthy foods each day, including fruits, well-cooked vegetables, low-sugar cereal, yogurt, whole-grain breads and crackers, lean meat, fish, and tofu. Kids need to eat at least every 3 or 4 hours.
- Do not give your child foods that may cause choking, such as nuts, whole grapes, hard or sticky candy, or popcorn.
- Give your child healthy snacks. Even if your child does not seem to like them at first, keep trying. Buy snack foods made from wheat, corn, rice, oats, or other grains, such as breads, cereals, tortillas, noodles, crackers, and muffins.

Immunizations

- Make sure your baby gets the recommended childhood vaccines. They will help keep your baby healthy and prevent the spread of disease.

When should you call for help?

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **I999** in the search box to learn more about "**Child's Well Visit, 14 to 15 Months: Care Instructions.**"

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