



105 Richeson Drive  
Lynchburg, Virginia 24501  
434.385.7776  
[www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)

## 15 months

Date \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

### Fifteen to Eighteen month old can:

- Speak and understand more words
- Walk steadily and climb
- Imitate adult actions
- Start "time-out" (1 minute for every age)
- Learn body parts
- Understand "no"

### Foods:

- Finger foods and table foods- use utensils
- Limit whole milk to 24-32 ounces a day
- Choking hazards- peanuts, popcorn kernels, round slippery foods (ex: hotdogs), chewy, gummy foods
- Avoid sweets and juice

### Stimulation:

- Let child help with chores
- Encourage good behavior
- Read, sing, dance
- No tv until 2 years old
- Ignore temper tantrums

### Medications:

- Fluoride supplement if using well water
- Brush teeth with fluoride toothpaste (use a smear or 'grain of rice')

### Safety:

- Car seat- rear facing until age 2
- Never leave child unattended in car or bath
- Prevent climbing accidents and poisoning
- Create safe environment
- Set limits with consistency

### Vaccines: Most infants have no after effects with vaccines, some may have-

- more irritability or fussiness.
- Redness or swelling at the site of the shot, use ice and massage;
- Contact your doctor if your child's symptoms are severe or last longer than 48 hours.

### Resources:

- [www.healthychildren.org](http://www.healthychildren.org) (American Academy of Pediatrics)
- [www.powerofmoms.com](http://www.powerofmoms.com)

Return: 18months of age



## How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial [www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at [staceyw1022@gmail.com](mailto:staceyw1022@gmail.com) or 385.7776