



Caring for the
Next Generation

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Dr. Fitch's 15 month Well Child Handout

Name: _____ Date: _____

Weight: ___ lbs ___ oz (___ %)

Height: _____ in (___ %)

Head: _____ in (___ %)

Tylenol dose: _____ tsp or _____ ml (infant or children's)—4 hours

Ibuprofen dose: _____ ml (infant) / _____ tsp or _____ ml (children's)—6 hours

Benadryl dose: _____ tsp or _____ ml—every 4-6 hours

THINGS TO DO:

- Call to schedule your child's 18 month well child visit (call 4-6 weeks ahead). The timing of this visit is not critical. Sometimes we'll do a month early to combine it with an ear re-check or we'll do at 19 months so we can combine it with a flu shot and save you an extra visit to the office.
- Call to set up 2nd flu shot in one month if your infant got the first today.
- Visit our website: www.heritagepediatrics.com for news, announcements, educational materials, health recommendations, and information about our office. Check out my page under the physician tab.
- Follow us on Facebook!! 

FEEDING:

- I told you at 12 months that toddlers can become picky anytime between 12 months and 3 years. You may have experienced that in the past 3 months.
- A typical toddler will love a food one day and hate it the next. He / she will go a day or two or even three not eating very much and then eat great the next day. Until your child is 8 (girls) or 9 (boys) variety really means getting something from each food group every 3 or 4 days.
- My advice is still to put good, nutritious food in front of your toddler. If your toddler is hungry, he / she will eat. If they never see it on their plate, they will never try it. Hunger is a good motivator, so use it to your advantage.
- Your toddler is also smart. If they learn that every time I scream I get option B, they will quickly make us a short order cook.

• **New recommendations are for all of us to decrease carbs in our diet. "My plate" should look like 25% fruit, 25% vegetables, 25% protein and only 25% carbs.**



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- **The younger a child sees meals placed in front of them in the above ratios and sees what's on mom's and dad's and sibling's plates is exactly what is on their plate, the better chance of developing healthy eating patterns.**

- I want meal times to be fun times. That's not to say there won't be battles. But, I want your toddler to see that it's their battle and not our battle. So, stay relaxed. Calmly respond instead of reacting (that is really hard for me) to normal, picky-toddler eating habits.

- *Choking foods:*

You still will want to avoid small, hard foods (like peanuts, popcorn kernels, and hard candy) or large foods (like a large piece of steak and raw carrots), or slick foods (like hotdogs and whole grapes).

- *Allergenic foods:*

- All foods are fair game at this age.
- As I said at 9 months, peanut butter is now recommended to be introduced in the first year and there is no recommendation to wait on shell fish either.
- Honey is now approved down to 1 year of age and can be helpful for coughs and as a soothing agent for sore throats.

- Most toddlers are on all table food at 15 months. However, if your toddler will only eat pureed fruits and / or vegetables, it's ok to ride that train as long as he or she will do so.

- Encourage your child to learn to feed him/herself with his/her fingers. This is also the time to introduce utensils to your growing toddler. Remember, at first it will be a bit messy, but with a little time, he / she will become a master at feeding him/herself.

- Limit juice intake to no more than 8 ounces per day.

- Meal time should be family time. Discourage "grazing behaviors" by having set meals and if able, have all members of the family eat together. There are great studies of adolescents that show great emotional, psychological, educational, and physical benefits of family meals. So, get in this habit when your child is young. Then this is just part of your routine when life starts getting busy and your school age child becomes a tween and then a teen.

Milk:

- The recommendations are still 2% or whole milk. If there is a family history of cardiovascular disease or obesity, it is recommended to go to 2% (though carbs are probably a bigger issue than healthy fats—see 12 month handout). If your child is slower to move to table food, you can continue with breast milk or formula for now.

- If your child is really picky (no fruits or vegetables) you can still do 1 or 2 bottles formula a day as a vitamin / supplement. You just want to make sure that your child doesn't fill up on milk / formula (see below) which will keep them from being hungry.

- The official amount recommended is 12-24 oz. Though your toddler probably gets 12 oz of calcium in a typical diet without milk, I think there is great benefit of getting your toddler in the habit of drinking milk at meals. When your child is 8 (girls) or 9 (boys), I'm going to



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recommend that they get 3 (8 oz) glasses of milk a day to meet their calcium needs. So, drinking 3 glasses now is getting them in the habit. If your toddler is getting more than 24 oz of milk in a day, we worry that he / she will fill up on milk and not eat food. If your child is drinking 32 oz and is a good eater, that is ok.

- I'm not an anti-bottle physician. I would much rather your toddler drink milk out of a bottle than no milk out of a sippy cup. I've never had a child go to Kindergarten with a bottle. If you can switch to the sippy cup now, that is great. But, though we have to tell our kids "no", pick your battles.

WET & DIRTY DIAPERS:

- Most toddlers are having 1-2 soft bowel movements a day at this point. Every other day is ok as long as it is soft.
- I want to jump on constipation quickly. If your toddler remembers it hurts to go, he / she can start holding it in even at this young age. This can then affect toilet training.
- If your toddler is really straining, having hard little balls, or you see blood, we will introduce measures to soften the stool. This may include a little watered down juice, adding more fruit in the diet, or adding a stool softener to a cup of any liquid.
- Please call our office if bowel movements become a problem.

SLEEP:

- Most toddlers are sleeping through the night.
- If at all possible, your toddler should not sleep in the parents' room. Do not allow your toddler to come into your bed if he or she awakens during the night. Check on safety and comfort, but keep him or her in their own bed.
- Establish a bedtime routine and a consistent time for bed. This may include: baths, stories, songs, prayer time, etc.
- Be firm when it comes to bedtime.
- Have a quiet time prior to putting your toddler to bed, so that he or she is not overly excited from play and unable to go to sleep.
- Do not allow food or drink in bed. No bottles should be allowed in bed!!!
- Keep their room dark, dark, dark when they sleep and make their room/ house bright, bright, bright when they wake up (this, and a consistent sleep schedule, may be the most helpful things to set their circadian rhythm).
- Most will transition from 2 naps to 1 nap by 18 months. However, your toddler can take 2 naps as long as that works for your schedule.

DISCIPLINE:

- Just as you can expect your toddler to become a pickier eater, you can also expect them to have more of an opinion and begin to throw tantrums.
- Toddlers need reasonable limits set to help them learn what is expected of them, as well as to protect them from harmful situations. Children this age are trying to learn to be independent, but they cannot judge correct or safe behavior.



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- Most one year olds understand the meaning of “No”. You must be consistent in teaching your children; thus, “No” means “No” for the same thing every day. Parents should discuss what acceptable and not acceptable behavior is so the rules are consistent. Do not be surprised if your child says “no” in return.
- Your mainstay of discipline is still to ignore and redirect. Most of what toddlers do is to get our attention or get a reaction out of us. If you like what they do, go overboard to “react to” / praise the behavior. If you don’t want the behavior to continue, turn your head before you smile or cry 😊, or “respond” calmly with your words.
- Catch them being good!!!
- Somewhere between 15 and 18 months your toddler will be able to understand “cause and effect”. So, by 18 months you can introduce the concept of a consequence like a timeout. Your toddler still doesn’t have reasoning ability, so don’t expect the consequence to “work” so to speak. You want to introduce the idea so they know they exist. Because of this, I think they should be relatively few and far between and for big things like aggressive and dangerous behaviors and real respect issues.

PLAYTIME:

- Your baby will be active and on-the-go all the time.
- Babies want to show independence, but need a safe place to explore and need to be watched constantly.
- Encourage him / her to play alone and with others.
- Appropriate toys and games include blocks for stacking and building, naming body parts, picture books, soft cuddly toys, push-pull toys, and balls.
- It is common for toddlers to touch their genitals during playtime, changing and bath time. When they repeatedly do this, they may find that it feels good and want to continue touching. This can make all of us parents feel uncomfortable, but it is a normal exploratory behavior. Try not to pay too much attention or over react to this behavior. Paying too much attention can actually increase the behavior or shame the child. We want them to know that all parts of their body were created special. As they get older (approaching 3 years old) it is appropriate to let them know that some areas are “special and private” and we don’t touch them around others.

IMMUNIZATIONS:

Your infant will receive 3 or 4 vaccines today:

- (1) Pentacel** (Diphtheria, Tetanus, acellular Pertussis [DTaP] #4, Haemophilus Influenza B [HIB] #4 and inactivated Polio – IPV #3)
- (2) Hep B #3** (Hepatitis B)
- (3) Hep A #1** (Hepatitis A)
- (4) Flu** (preservative free Influenza)



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- After today's visit (besides a yearly flu vaccine), your toddler will only have 1 (Hep A) vaccine until their 4 year old check-up.
- It is very uncommon to have fever and fussiness from the Pentacel, but you can see a pretty good local reaction. The redness and swelling can extend down a good portion of the thigh. It will go away in a few days, but the knot under the skin can last for a couple of months.
- There are not side effects from the Hep A & Hep B and these really don't hurt/ burn when administered.
- If it is flu season and your toddler hasn't received a flu shot, he / she will receive one today. Though we recommend a universal flu vaccine for all our patients, those under 2 years are at the greatest risk for hospitalization and secondary infections resulting in antibiotic administration. We use the preservative free flu vaccine for all our infants/ toddlers. The first year you get the flu vaccine you get 2 shots a month apart. If today was the first flu vaccine, schedule your toddler to return in 1 month for the second flu vaccine.
- There is probably no need for Tylenol if we are just doing the 1st 3 vaccines, but if we are giving a Flu vaccine today, you may want to give Tylenol (see dosing above) every 4 hours while awake.

DEVELOPMENT:

- Most are walking well and can stoop and stand back up (though some still don't walk until 18 months). They are beginning to kick and throw balls.
- They should have a pretty mature pincer grasp by 15 months and can stack 2 blocks.
- They are beginning to feed themselves, use a cup and understand what to do with utensils (though they still don't use them very well).
- They should be using mama and dada specifically.
- They may not have many other words, but they should be understanding more at 15 months. You may feel you need to spell if you don't want them to know what you are saying.
- They are beginning to point to a few body parts and understand simple commands.
- They are communicating more by pointing and screaming (this is annoying but it is a huge developmental milestone) or taking your hand and dragging you where they want to go.
- Most will initiate games like peek a-boo or patty cake.
- They are beginning to show affection like hugging and kissing.
- May show parent preference (can develop any time after 6 months). Though this can hurt parents' feelings, this is just a phase that will pass. Continue to hold and love and engage with your toddler.
- Separation anxiety can develop any time after 6 months.



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DENTAL CARE:

- Be sure to brush your toddler's teeth twice a day with a soft toothbrush. A small smear of fluoride toothpaste is ok. If you want more toothpaste, use one without fluoride.
- I suggest you let your child hold the tooth brush both times, but make sure you brush their teeth after they do before bed to prevent milk caries.
- If the tooth brush is a battle, at least wipe the teeth off with a wash cloth before bed. It may still be a battle, but then the battle is with the wash cloth and not the tooth brush.
- We are recommending **Fluoride** application once teeth erupt (we will apply in the office). After studying the recommendation (apply every 3-6 months), I'm convinced it's safe and it's cheap (pennies). If it has the potential to prevent a cavity in an infant or toddler (which would require sedation to fix), I think it's worth it.
- Part of the above new recommendations is for you to see a dentist starting at 12 months. Unless you or I have a concern, I am fine waiting to see the dentist until 3 years of age.

SAFETY:

- If your baby plays outside, a fenced yard and constant watching are necessary. Streets and driveways are very dangerous.
- Poison-proof your house. Check storage cabinets for kerosene, solvents, paints and removers, drain cleaners. Keep these items out of reach and locked up. Keep all medications locked up.
- Never leave your baby alone in the bathtub or near a pool of water. When outdoors, remember to use sunscreen and protective clothing to avoid sunburns.
- Watch out for burns. Check for lighters or matches left around the house or yard. Turn handles of skillet away from the edge of the stove. Do not leave hot liquids on counters or tabletops. Teach the meaning of "hot."
- Child safety seats are still required by state law at this age. Recommendations state to leave your baby in a rear-facing car seat until age of 2. The safest place remains the back seat. Remember, children less than age 12 years old should never be placed in the front seat where there is an air bag.

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Poison Control:
(800) 222-1222

Clinic Hours:
Monday - Friday:
8:00 am - 12:30 pm
1:30 pm - 4:30 pm

FridayPM & Saturday AM
Urgent Care Clinics:
1:30-4:30 PM & 8:00 AM
until last patient is seen