



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
Fax: 208.356.9141

For Fever: (> 101°)

Acetaminophen

15 mg/kg or 1 ½
droppersful every
6 hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg every 6
hours as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 15 Months

HEALTH ISSUES

- Supervise all feedings.
- Stop giving a bottle and use a sipping cup only. No bottle or sipping cup while in bed.
- Allow exploration with foods and textures.
- Offer healthy snack choices, limiting sugars.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Consider starting to brush your baby's teeth daily with a pea-sized amount of toothpaste.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting.
- Place gates on stairways.

YOUR BABY SHOULD...

- Understand no and other simple commands.
- Begin to say a few words.
- Point to a body part.
- Be able to walk, although might be clumsy !
- Feed self with fingers.
- Listen to a story.
- Be able to point or grunt for what he or she wants.

YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child.
- Listen to music together with your child.
- Continue to read books to your child.
- Encourage opportunities for safely exploring his or her environment .
- Limit the number of rules, but be consistent with them.
- Not allow hitting, biting or mean behavior.
- Have a bedtime routine and put your child to bed in his or her own room.
- Eat meals as a family.
- Offer comfort objects (stuffed animals, blanket).
- Do not push for early toilet training.
- Expect self-exploration of genitalia.
- Be an example of the type of person you want your child to grow up to be - they are like sponges and absorb everything around them !
- Spend time alone with your spouse - one of the best thing you can do for your child is to maintain a quality relationship with your spouse.