



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen

mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
Weight				
6-11 lbs.	1.25 mL	—	—	
12-17 lbs.	2.5 mL	—	—	
18-23 lbs.	3.75 mL	—	—	
24-35 lbs.	5 mL	5 mL (1 tsp)	—	
36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen

Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each	
12-17 lbs.	1.25 mL	—	—	
18-23 lbs.	1.875 mL	—	—	
24-35 lbs.	—	5 mL (1 tsp)	1 tablet	
36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets	
48-59 lbs.	—	10 mL (2 tsp)	2 tablets	
60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	
72-95 lbs.	—	15 mL (3 tsp)	3 tablets	

*If under 6 months of age, please consult your pediatrician.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



15 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **18 Months of Age**

Toilet Training

- Now is the time to buy a potty to be placed in the bathroom, though he/she probably will not be ready yet.

Nutrition

- Your child will have a sporadic appetite and will skip meals. This is a normal developmental stage and you should not try to force him/her to eat.
- He/she will usually be feeding himself/herself at this age, but he/she should not be offered choking foods such as popcorn, nuts, grapes, raisins, or gum.
- He/she should be weaned completely from the bottle by this time.
- Vitamin supplements are not necessary unless recommended by your doctor.

Sleep

- Remember to continue a regular bedtime routine, and try your best not to take him/her out of the crib at night.
- He/she should not be offered food or drinks if he/she awakens at night.
- He/she may nap once or twice a day.
- Night terrors may occur.
- Continue to read bedtime stories.

Development

- Your child may have a 3 to 6 word vocabulary and will be constantly adding words.
- He/she will use jargon and gestures. He/she will indicate wants by pulling, pointing, grunting, or screaming.
- Your baby will scribble with a crayon and can stack one block on another.
- He/she can point to 2 body parts.

Behavior

- Your child will imitate your activities (sweeping and playing with dishes).
- He/she will listen to a story being read.
- He/she may become attached to a particular object and may suck a pacifier or a finger as a self-

- comforting behavior.
- Stranger anxiety is very common.

Safety

- Continue to use a rear-facing car seat.
- Accidents are very common, especially falls.
- Watch out for burns. He/she may be able to turn on the hot water, so set your water heater to 120°F.
- All electrical outlets should be covered.
- Balloons and plastic bags are choking hazards.
- Never leave your child alone.

Discipline

- At this age, your toddler has no idea what “good” or “bad” means nor does he/she understand rules or warnings.
- Discipline is more than punishment; it is also love and affection. Praise your toddler for good behavior and accomplishment.
- Pay special attention when tired, hungry, etc.
- Be prepared for temper tantrums and ignore them. Redirect and distract attention.
- Allow child to make some choices.



BRUSH UP ON HEALTHY TEETH

Your child will continue to have more teeth erupt. The two bottom front teeth will be the first to come in followed by the four upper teeth. Molars may erupt now. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Continue to brush your child's teeth twice a day. If they are interested in brushing their own teeth that is okay, as long as you brush behind them.

Fluoride

Fluoride is VERY important for healthy teeth. Children get some fluoride they need from the water they drink (city water or nursery water). Only a small amount of fluoride toothpaste is needed at this time - usually a "smear" twice a day is enough. It is okay if your child swallows a small amount of fluoride toothpaste.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water should be given between meals. **Never put your child to bed with a bottle, cup, or food.**

Dental Visits

Although recent recommendations have suggested the first dental visit be scheduled by the first birthday, realistically our local dentists start seeing children for routine dental exams at age 3.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child visit. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

15 Month Checkup Healthy Guidelines

Meals

- Offer 3 meals a day with 2 healthy snacks
- Continue whole milk and water in a cup
- He/She should drink about 16-24 ounces of milk a day
- Your child might start skipping meals occasionally
- Keep trying to introduce new foods - it can take several times before a toddler accepts a new food

Choking Hazards

- Nuts
- Grapes
- Apple chunks, slices
- Sausages
- Popcorn
- Round candies
- Hard chunks of uncooked veggies
- Hot dogs

Safe Snacks

- Cheese
- Yogurt
- Graham crackers
- Pretzels
- Bagel, bread, toast
- Whole wheat crackers
- Fruit (watch for seeds and peels)
- Fruit smoothies
- Steamed veggies
- Unsweetened cereals
- Mashed/finely cut meats or fish

Keep Your Child Active by playing with them:

- Play ball together
- Put on your child's favorite song and have a dance party
- Go for a walk!
- Avoid screen time as a reward
- Do not put a TV or tablet in the room your child sleeps in

ACTIVITIES 15 MONTHS OLD

- Toddlers love to play in water. Put squeezable objects in the bathtub, such as sponges or squeeze bottles, along with dump-and-pour toys (cups, bowls).

- Toddlers are excited about bubbles. Let your toddler try to blow bubbles or watch you blow bubbles through a straw. Bubbles are fun to pop and chase.

- Pretend play becomes even more fun at this age. Encourage your toddler to have a doll or stuffed toy do what he/she does-walk, go to bed, dance, eat, and jump. Include the doll in daily activities or games.

- Make instant pudding together. Let your toddler "help" by dumping pudding, pouring milk, and stirring. The results are good to eat or can be used for finger painting.

- Use boxes or buckets for your toddler to throw bean bags or balls into. Practice overhand release of the ball or bean bag.

- Play hide and seek. Your toddler can hide with another person or by himself/herself for you to find. Then take your turn to hide and let your toddler find you.

- Toddlers love movement. Take him/her to the park to ride on rocking toys, swings, and small slides. You may want to hold your toddler on your lap on the swings at first.

- Sing action songs together such as "Ring Around the Rosy,"

"Itsy-Bitsy Spider," and "This Is the Way We Wash Our Hands." Do actions together. Move with the rhythm. Wait for your toddler to anticipate the action.

- Put favorite toys in a laundry basket slightly out of reach of your toddler or in a clear container with a tight lid. Wait for your toddler to request the objects, giving him/her a reason to communicate. Respond to his/her requests.

- Your toddler may become interested in "art activities." Use large nontoxic crayons and a large pad of paper. Felt tip markers are exciting with their bright colors. Let your toddler scribble his/her own picture as you make one.

- A favorite pull toy often is a small wagon or an old purse for collecting things. Your toddler can practice putting objects in and out of it. It can also be used to store favorite items.

- Make a picture book by putting common simple pictures cut from magazines into a photo album. Your toddler will enjoy photos of himself/herself and family members. Pictures of pets are favorites too.

- Toddlers are interested in playing with balls. Use a beach ball to roll, throw, and kick.

- Play the "What's that?" game by pointing to clothing, toys, body parts, objects, or pictures and asking your toddler to name them. If your toddler doesn't respond, name it for him/her

and encourage imitation.

- Fill a plastic tub with cornmeal or oatmeal. Put in kitchen spoons, strainers, measuring cups, funnels, or plastic containers. Toddlers can fill, dump, pour, and learn about textures and use objects as tools. Tasting won't be harmful.

- Toddlers will begin putting objects together. Simple puzzles with knobs are great. Putting keys into locks and letters into mailbox slots is fun too.

- Get two containers (coffee cups or cereal bowls) that look the same and a small toy. Hide the toy under one container while your toddler watches. Ask him/her, "Where did it go?" Eventually, you can play the old shell game (moving the containers after you hide the toy).

- Help your toddler sort objects into piles. He/she can help you sort laundry. Play "clean up" games. Have your toddler put toys on designated shelves or in designated boxes.

- Save milk cartons, gelatin, or pudding boxes. Your toddler can stack them to make towers. You can also stuff grocery bags with newspapers and tape them shut to make big blocks.

- Lay out your toddler's clothes on the bed before dressing. Ask him/her to give you a shirt, pants, shoes, and socks. This is an easy way to learn the names of common items.