

5039 FM 2920 Suite B  
Spring, TX 77388

Appt # 281-586-3888  
Nurse Line # 281-453-7938  
After Hours # 281-586-3888  
[Askdrlacour@1960pa.care](mailto:Askdrlacour@1960pa.care)  
Poison Control # 800-222-1222

### **15 MONTH EXAM**

WEIGHT: \_\_\_\_\_ LBS. \_\_\_\_\_ %

LENGTH: \_\_\_\_\_ IN. \_\_\_\_\_ %

HEAD CIRCUMFERENCE: \_\_\_\_\_ IN. \_\_\_\_\_ &

### **FEEDING:**

Appetite may still be sporadic, eating well only one out of three meals per day. Offer three meals and two or three snacks. Whole milk should be given until they are 2 years old. Your goal for milk intake is 16 ounces (2 cups) per day. The American Academy of Pediatrics and the Institute of Medicine recommend a daily intake of at least 600 IU of Vitamin D for everyone over age 1. This may be accomplished by offering an infant multivitamin that offers 400 IU of vitamin D per serving once a day in addition to the daily milk intake.

Your child should be almost off bottles and pacifiers at this time—if not, do so gradually. Don't forget to brush the teeth before bedtime. Fluoridated toothpaste is recommended for all children starting at tooth eruption, regardless of caries risk. A smear (the size of a grain of rice) of toothpaste should be used up to age 3. Parents should dispense toothpaste for young children and supervise and assist with brushing. Aim for a goal of at least 6 oz of city water from your tap daily to help achieve maximum protection against dental caries.

If your baby is only on breast milk or you have well water, please notify us.

### **DEVELOPMENT:**

Enjoy playing, reading, and singing with your child. Most children are walking, stooping, and trying to walk backwards. Guidelines for discipline include: praise for good behavior, consistency between parents, remove child temptation. Children at this age can use a spoon well, scribble with a large crayon, use four or five words with meaning.

### **SAFETY:**

1. Continue choking precautions! Refer to your nine-month list on things that cause choking.
2. Incidence of accidental poisoning increase. POISON CONTROL Number should be readily available. 1-800-222-1222.
3. Use your car seat at all times, rear-facing until age 2 years. Ensure that it is installed in your vehicle correctly and that your child is properly restrained.
4. Never leave your child unattended near water, including bathtubs.

5. Burns: watch pots on stove, hot coffee, irons. A common burn for children of this age is a curling iron.

Please let us know if your child has a high risk of lead exposure: lives in a house built before 1978, exposed to old peeling/chipped paint, he/she likes to put non-food items in his mouth (such as jewelry, keys, dirt, etc.), they a parent whose job or hobby involves lead exposure, or he has a sibling or playmate who has been treated for lead poisoning. (You will have done a lead screening questionnaire with us in the office to assess this).

**IMMUNIZATIONS:**

DtaP #4 and Hib #4 (last of the series)

**NEXT VISIT:**

See you at eighteen months of age. Your child will receive the Hepatitis A #2 vaccine at that visit to finish the series.