

mmpc pediatrics

15 MONTH CHECK

Weight _____ Height _____ Head Circumference _____

You are now firmly entrenched in toddler-hood. Newfound abilities give your child the realization that she does not have to passively accept what is happening to her. She has a better understanding of how to affect her environment, and she has a greater concept of what she likes and doesn't like. She sees you, her parents, as an integral part of her world which she can control (or would like to control) by her actions.

Development:

Your fifteen month old is likely walking, perhaps even running by now. (Not to panic if she isn't...some babies are not walking at this age). She may have a few words under her belt, and she is learning so much day by day. Her ability to understand language develops much faster than her expression of that language (her words), so she will understand some basic words or commands, before she will say them. When she seems interested in an object, repeat the name of it to her. Eventually, she will try to repeat what you are saying. Continue to read to her as much as possible.

Eating:

At some point in this second year, your child's appetite will become very picky. She might eat well for a few days, and then hardly anything for a few days. This is normal and this pattern may repeat itself many times during childhood, so don't panic. When she is eating poorly, she is in a growth lull and does not require as many calories as during a growth spurt. Do not turn eating into a battle of the wills, because it makes mealtime quite unpleasant and you cannot win this battle. Also, if you force a child to eat who isn't hungry, it may reinforce eating habits leading to inappropriate food consumption and obesity.