



## 15 MONTHS

Your child is likely on the move, is walking and some are starting to try and climb. They're also likely saying a few words. Keep reading to your child, giving names of things when they whine or seem to indicate a want for something.

Give opportunities to develop fine motor skills, like stacking blocks, putting smaller objects in and out of a container, provide a spoon at meals to learn how to feed. Let them use a sippy or straw cup for drinks. Offer a baby spoon and fork to use at mealtimes.

Avoid screen time and giving phones, iPads, and other electronic devices at this age.

Sunscreen is safe for children 6 months and older. Remember to reapply sunscreen every 2 hours while in the sun or in the pool. You can use bug-spray for kids over 2 months of age. Bug spray with 10-30% DEET is safe for children, per American Academy of Pediatrics.

Pool safety is a huge concern at this age- if you have a pool or have access to a pool, make sure that there are multiple "layers" in place to prevent your child from going to the pool, such as multiple locks on doors, door locks high up on the door out of reach of kids, a screen or gate around the pool, alarms on the doors. Don't assume others are watching your child at a pool party- always watch your child in the pool and have a flotation device on them if they're in the pool.

Picky eating is very normal at this age—one week they will love bananas, the next week they won't touch them! Keep offering different foods, even if they don't eat them—they will eventually get over the picky eating stage. Limit milk to no more than 16-20 ounces a day and avoid giving snacks throughout the day.

Expected development at this age includes walking, saying 3-5 words, understanding and following simple commands, pointing to one body part, imitating activities.

*NEXT CHECK-UP: 18 months*

*VACCINE(S): Hepatitis A*