**OLD TAPPAN PEDIATRICS**

215 OLD TAPPAN ROAD 55 WEST MAIN STREET

OLD TAPPAN, NJ 07675 BERGENFIELD, NJ 07621

(201) 666-1001 (201) 385-7300

*info@otpediatrics.com*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FIFTEEN MONTHS**

MILESTONES

Walks well

Says a few words

Feeds self with help

Drinks from cup

NUTRITION

Whole milk

Table foods - cup feeding (limit fruit juice intake)

AVOID "CHOKE " FOODS (peanuts, whole grapes, popcorn, sucking candies, etc)

VITAMINS

Polyviflor 0.25 mg. Give 1 dropperful daily

ANTICIPATORY GUIDANCE

If 20 pounds or more, may face car seat forward in back seat, but rear facing is always safest.

Smoke-free environment

Water safety - pool, bathtub and bucket

Toddler safety - Hot liquids and surfaces, loose cords, electrical outlets, table edges

Continue to be wary of child’s access to medicines (vitamins), cleaners, perfumes, and other toxins.

NEXT VISIT

18 months old