

OLD TAPPAN PEDIATRICS

215 OLD TAPPAN ROAD
OLD TAPPAN, NJ 07675
(201) 666-1001

55 WEST MAIN STREET
BERGENFIELD, NJ 07621
(201) 385-7300

otp@bcdhealth.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