

# Bloomfield Pediatric Care

[www.bloomfieldpediatriccare.com](http://www.bloomfieldpediatriccare.com)

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 15 Month Well Visit

### Growth & Development Milestones

- ✓ Avidly explores everything, revels in water play
- ✓ Likes to feed self
- ✓ Starts to use objects correctly (ex. comb/hair)
- ✓ Enjoys throwing, rolling, pushing, pulling toys
- ✓ Stands unsupported, walks without assistance, wide stance and outstretched arms
- ✓ Climbs stairs with assistance and refines grasp
- ✓ Picks up objects from a standing position
- ✓ Knows words for things other than parents
- ✓ Likes to watch and imitate activities
- ✓ Looks to parent for help in solving problems
- ✓ Looks for hidden objects in last place seen
- ✓ Starts to experiment through trial and error

### Personal Health & Wellness

- ✓ Offer wide variety of healthy foods and snacks
- ✓ Should begin feeding themselves
- ✓ Bottle now gone, sippy cup used
- ✓ Encourage 2-3 servings of dairy daily for bone growth
- ✓ **Avoid** juices or limit to 4 ounces per day
- ✓ **No** junk foods or soda pop
- ✓ Clean teeth twice a day
- ✓ Temper tantrums are common at this age. Divert and substitute when possible; **logic and reasoning will prolong tantrum**
- ✓ No TV time. Read daily, play games, sing & be active!

### Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs

### Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- ✓ Children require a **tobacco free** environment
- ✓ Don't forget sunscreen!
- ✓ **Properly fitted, properly installed, rear-facing car seat!**
- ✓ **Reinforce stranger safety!**
- ✓ **Poison Control number available to all caregivers**

### For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-15-months-old/>



### Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



### Office Hours:

Monday – Friday 9:00 am to 5:00 pm  
Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

### Child Safety Seat Inspection:

1-866-SEATCHECK; [www.seatcheck.org](http://www.seatcheck.org)

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888