



14- to 15-Month Checkup

"Reading and snuggling together is the best part of my day!"

—Kaiser Permanente dad

Your child may be ready to ...

- Clap when excited.
- Show affection with hugs, cuddles, or kisses.
- Look at a familiar object when you name it.
- Take a few steps on their own.
- Use fingers to feed themselves.

Children develop at their own pace. If you have concerns about your child's development, talk with their doctor.

Feeding



Offer a variety of healthy foods so your child can try new flavors and textures.

- Serve 3 healthy meals and 2 snacks per day. Offer fruits, veggies, whole grains, lean meats, beans, cheese, and yogurt.
- Let your child decide how much to eat. It's normal for a toddler's appetite to go up and down. Look at what they're eating over a week, rather than just a day.

- Avoid foods that may cause choking, such as whole hot dogs, nuts, chunks of meat, whole grapes, or popcorn.
- Serve milk and water in a regular cup, straw cup, or sippy cup, not a bottle. Limit milk to 2 cups (16 ounces) per day. If you use nondairy milk, make sure it's unsweetened, full-fat, and calcium-fortified.
- Don't give soda or other sweet drinks. Juice isn't recommended.
- Ask us about WIC or CalFresh, if you need financial help for food.

Parenting



Connect with your child and stimulate healthy development.

- Talk, read, and play games together.
- Encourage your child to play with other children.
- Use simple, clear phrases to talk to your child.
- Your child may not feel comfortable with new people at first, which is normal at this age. Try to give them time to "warm up."

Care for yourself, too

Toddlers need a lot of care and attention. Taking care of yourself helps you be the best parent you can be.

Date: _____

Weight: _____ lb _____ oz _____ %

Height: _____ in/cm _____ %

Head circumference: _____ %

- Try to carve out time for yourself to relax and recharge.
- Call us if you need help coping with strong feelings like anger, sadness, or anxiety.

Tears and tantrums

Almost all children have tantrums sometimes. It's their way of expressing anger and frustration. When they can use words to express themselves, tantrums become less frequent.

- Tantrums don't mean you're doing anything wrong or that your child is "bad."
- Try to stay calm and speak softly. It's best not to try to "reason" with an upset toddler.
- Don't try to stop the behavior, as long as your child isn't in danger of hurting themselves or others.
- Move your child to a safe quiet area to calm down.
- Use simple words to describe what happened. "You wanted to keep playing but we had to leave. That was frustrating."
- Once your child is calmer, reconnect with hugs and smiles.

Healthy habits



Help your child get off to a healthy start.

- Don't let anyone smoke or vape around your child. Being around secondhand smoke increases your child's risk of ear infections, asthma, colds, and pneumonia.
- Limit exposure to phones, tablets, or TV. Too much screen time may negatively affect early brain development.
- Take your child for walks and spend time outdoors together when you can.
- Protect your child with all recommended immunizations.
- Keep your child out of the direct sun as much as possible. Stay in the shade or cover up.
- Brush your child's teeth 2 times per day with a soft toothbrush and a small bit of fluoride toothpaste (the size of a grain of rice).
- The best way to keep your child's gums and teeth healthy is to take them to regular dental visits every 6 months. Need help choosing a low or no cost dentist? Visit smilecalifornia.org for a list of dentists who accept Medi-Cal.

Sleeping



Make the hour before bedtime loving and peaceful.

- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night.

- Tuck in your child when they're drowsy but still awake.
- Make sure they wake up from their nap by midafternoon, to avoid interfering with nighttime sleep.

If your child wakes up during the night:

- Keep your interaction calm and brief.
- Don't turn on the light.
- Offer them a blanket or stuffed toy for comfort.

Safety



Keep your toddler safe at home and on the road.

- Continue to use a properly installed rear-facing car seat in the back seat for every ride. Keep seat rear-facing as long as possible—until your child reaches the top height or weight limit allowed by the manufacturer.
- Lock away anything dangerous, including medications, cleaning supplies, cigarettes, alcohol, vaping liquid, matches, and lighters.
- Call our 24/7 Appointment and Advice Call Center at **866-454-8855** right away for help if you think your child has been exposed to poison.
- Never leave your child alone in the bath or around water, even for a second.
- Place gates at the top and bottom of stairs, and guards on windows on the second floor and higher.

- Move furniture away from windows.
- Keep your child away from the stove, small appliances, fireplaces, and space heaters.
- Have working smoke and carbon monoxide alarms, and an escape plan.
- It's safest not to have a gun in your home. If you must have a gun, store it unloaded in a locked case. Keep ammunition in a separate locked container.

Your next checkup is at 18 months.

/ _____ (date/time)

Your baby's immunizations (shots) are due at this visit.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your child's health.
- ✓ Download our app, [My Doctor Online](#), at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.