



14 to 15 Month Checkup

Date: _____

Weight: _____ lb _____ oz _____%

Height: _____ in/cm _____%

Head circumference: _____%

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

—Kaiser Permanente dad

Your child may be ready to ...

- Say 3 to 10 words
- Understand simple commands
- Point to parts of their body
- Walk well and climb stairs
- Drink from a cup
- Express wants by pulling, pointing, or grunting

All children develop at their own pace. If you have concerns about your child’s development, talk with your doctor.

- 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 cup. Limit milk to 2 cups (16 ounces) per day. If you use nondairy milk, make sure it’s unsweetened and calcium-fortified.
- Don’t give soda or other sweet drinks. Juice is not recommended.
- Ask us about WIC or CalFresh, if you need financial help for food.

- Take turns with your partner or other trusted adult caring for your child. It’s okay to take a break when you need to.
- 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 are normal. They 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.
- Do your best to ignore the behavior, as long as your child is not in danger of hurting themselves or others.
- Move your child to a safe quiet area to calm down.
- Put words to feelings. “You were mad when it was time to stop playing.”
- Be sure to reconnect once your child is calmer. A hug or a smile helps your child feel supported.

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.
- Give your child time to “warm up” to new people so they feel comfortable.

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.

- Carve out time to relax and recharge.

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.

Healthy habits



Help your child get off to a healthy start.

- Don't smoke or let others smoke around your child. Smoking increases the 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 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 smear of fluoride toothpaste (the size of a grain of rice).

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.
- Walk them back to their own bed.
- Let them use 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 line 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. Lock up ammunition separately.

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 line 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.