

## **Toddler Visit #7**

- 15 Month Growth & Development
  - Seasonal Safety

## **Topics for Next Visit**

- PIPE: Roadblocks to Learning

## Month 15: What's New?

### So Big!

weight:

height:

now I can reach:

### This month, I...

learned to use my hands to:

learned these new words:

learned to do these things when asked:

### Learning about me...

*I am learning more about what I like and do not like.*

My favorite bedtime book, story, or song: \_\_\_\_\_

My favorite foods: \_\_\_\_\_

My favorite friends: \_\_\_\_\_

**REMEMBER!**  
**Let me breathe air  
free of cigarette  
smoke. In our house.  
And in the car.**

**My lungs are very  
small. Even a little  
smoke makes it hard  
for me to breathe!**

revised January 2011

### Learning about you...

I like to watch what you do. I like it  
when you tell me about what you're doing.  
What do you like to do around the house?  
in the kitchen...

cleaning...

shopping...

gardening...

What are your favorite things to do  
with me?

## Month 15: What's Next?

### At 15 months I might:

- Use a spoon without spilling all the time. But I'm still a messy eater.
- If you point to a toy and name it, I will get it & bring it to you.
- I can name some pictures in a book.
- I can walk by myself. But I like to hold your hand.
- I like to give you kisses by touching my lips to your face.

### You can help me learn!

- Let me scribble on a paper with a large crayon.
- Help me brush my teeth with a soft toothbrush.
- When I do something I should, let me know! Clap your hands. Praise me.
- When I do something I should not, show me what I should do instead.
- Help me learn to comfort myself. When I'm upset, hold me and my favorite toy.

### SAFETY CHECK

**Never leave me alone  
in the car. Or a bathtub.  
Not even for a minute!**

**Always use the safety  
straps in a high chair.**

**Use a rear facing  
carseat in the  
back seat.**

# Your child at 15 months

Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 15 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



## What most children do by this age:

### Social/Emotional Milestones

- ☐ Copies other children while playing, like taking toys out of a container when another child does
- ☐ Shows you an object she likes
- ☐ Claps when excited
- ☐ Hugs stuffed doll or other toy
- ☐ Shows you affection (hugs, cuddles, or kisses you)

### Language/Communication Milestones

- ☐ Tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for dog
- ☐ Looks at a familiar object when you name it
- ☐ Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, "Give me the toy."
- ☐ Points to ask for something or to get help

### Cognitive Milestones

#### (learning, thinking, problem-solving)

- ☐ Tries to use things the right way, like a phone, cup, or book
- ☐ Stacks at least two small objects, like blocks

### Movement/Physical Development Milestones

- ☐ Takes a few steps on his own
- ☐ Uses fingers to feed herself some food

## Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills he/she once had?
- Does your child have any special healthcare needs or was he/she born prematurely?

**You know your child best.** Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at [cdc.gov/FindEI](http://cdc.gov/FindEI).

For more on how to help your child, visit [cdc.gov/Concerned](http://cdc.gov/Concerned).

**Don't wait.  
Acting early can make  
a real difference!**



Download CDC's  
free Milestone  
Tracker app



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DEDICATED TO THE HEALTH OF ALL CHILDREN®



# Help your child learn and grow

As your child's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your child's doctor and teachers if you have questions or for more ideas on how to help your child's development.



- Help your child learn to speak. A child's early words are not complete. Repeat and add to what he says. He may say "ba" for ball and you can say "Ball, yes, that's a ball."
- Tell your child the names of objects when he points to them and wait a few seconds to see if he makes any sounds before handing it to him. If he does make a sound, acknowledge him, and repeat the name of the object. "Yes! Cup."
- Find ways to let your child help with everyday activities. Let her get her shoes to go outside, put the snacks in the bag for the park, or put the socks in the basket.
- Have steady routines for sleeping and feeding. Create a calm, quiet bedtime for your child. Put on his pajamas, brush his teeth, and read 1 or 2 books to him. Children between 1 and 2 years of age need 11 to 14 hours of sleep a day (including naps). Consistent sleep times make it easier!
- Show your child different things, such as a hat. Ask him, "What do you do with a hat? You put it on your head." Put it on your head and then give it to him to see if he copies you. Do this with other objects, such as a book or a cup.
- Sing songs with gestures, such as "Wheels on the Bus." See if your child tries to do some of the actions.
- Say what you think your child is feeling (for example, sad, mad, frustrated, happy). Use your words, facial expressions, and voice to show what you think she is feeling. For example, say "You are frustrated because we can't go outside, but you can't hit. Let's go look for an indoor game."
- Expect tantrums. They are normal at this age and are more likely if your child is tired or hungry. Tantrums should become shorter and happen less as he gets older. You can try a distraction, but it is ok to let him have the tantrum without doing anything. Give him some time to calm down and move on.
- Teach your child "wanted behaviors." Show her what to do and use positive words or give her hugs and kisses when she does it. For example, if she pulls your pet's tail, teach her how to pet gently. Give her a hug when she does it.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Children learn by talking, playing, and interacting with others.
- Encourage your child to play with blocks. You can stack the blocks and she can knock them down.
- Let your child use a cup without a lid for drinking and practice eating with a spoon. Learning to eat and drink is messy but fun!

To see more tips and activities download CDC's Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)



Download CDC's  
free Milestone  
Tracker app



**Learn the Signs. Act Early.**

## Fall and Winter Safety

Keep your child safe during the fall and winter months!



### Fall Festivals

- Buy costumes labeled “Flame Resistant.”
- Costumes should be well fitted. They should be bright and reflect light.
- Masks should fit well. They need large eyeholes to allow full vision.
- Some face paints may cause a skin rash.

### Snow and Ice

- Keep your porch and sidewalk clear of snow. Sprinkle ice with rock salt to melt.
- Avoid slipping. Use shoes or boots with good tread.
- Be careful when carrying your toddler on ice. Help your toddler walk carefully as well.



### Heat

- Have your heating system checked each year.
- Ovens and stoves should not be used to heat your home.
- Be careful with portable space heaters. Don't use while you sleep.
- Keep your toddler away from space heaters.
- Keep smoke detectors on each level of your home. Check them every 6 months.
- Never leave your toddler alone when a fireplace is in use. Clean the chimney every year.

## Fall and Winter Safety

### Winter Holidays

- Be careful with holiday candles. Keep candles, matches, and lighters out of your toddler's reach.
- Avoid decorations that are sharp or breakable.
- Using a fake tree? It needs to be fire resistant.
- Using a live tree? It needs to be kept in water. Place it away from heating systems.
- Check holiday light strings for broken or cracked bulbs. Use no more than 3 light sets per outlet.
- Turn off lights when you go to bed. Turn them off when you leave the house.



***What are other ways to keep your child safe in fall and winter?***



## Safety Tips for Outdoor Play

**The sun is bright!** I like to keep my eyes shaded. I need sunscreen with SPF 15 or higher. I need lots of water on hot days! Keep me out of the sun during the middle of the day. When it's over 90° F it's just too hot for me!

**"Bikes are fast!"** I need a helmet when I'm on a tricycle. It protects my brain! I also need a helmet if I'm going for a ride on a bike. Be sure I am riding in a safely mounted bike seat. Only adults should take me for a bike ride.

**I like animals!** Make sure I don't bother strange animals. They might scare me! Or bite me! Stay with me when any animal is around. Remind me to leave them alone when they're eating or sleeping.

**Playgrounds are busy!** Watch me closely. Slides, swings, and seesaws are fun if you hold on to me. Watch where I am going! I might not see a swing in use. Don't let me burn myself on a hot metal slide. Ouch!



### Safety Tips

When playing outside with your toddler, remember...

- Inspect playgrounds for any rusted or broken toys.
- Watch out for splinters on wooden structures.
- Play surfaces should be soft. Like sand, wood chips, or rubber mats.
- Never leave your toddler alone in a car or truck. Not even for a minute.
- Apply sunscreen every hour. Keep it away from your toddler's eyes.

### How do you keep your toddler safe?

Parents do many things to keep their toddlers safe. List some ways you keep your toddler safe during outside play:



## Spring and Summer Safety

Many accidents happen in the spring and summer months. Here are a few tips to make this a safe time.

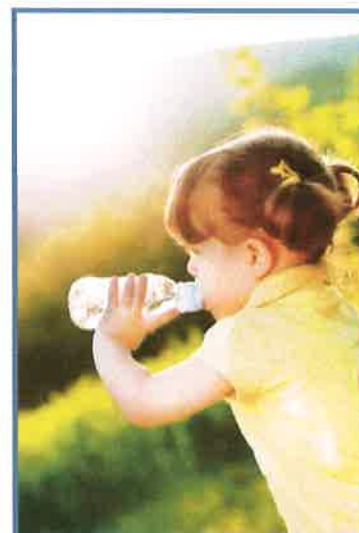


### Backyard Basics

- Always watch your toddler outside.
- Make sure all fences and gates are secure.
- Don't have a fenced yard? Teach your toddler to stay in a certain area.
- Be careful using weed killers. Wait 48 hours afterward before letting your toddler play on the lawn.

### Sun Safety

- Drink plenty of water when playing outside.
- Stay out of the sun between 10 a.m. and 3 p.m.
- Use hats and light clothing to protect your toddler's skin from the sun. Protect yourself too!
- Use sunscreen with SPF 15 or above.
- All children need sunscreen, regardless of skin tone.
- Do not leave your toddler in any vehicle.



### Insect Bites

Try to prevent bug bites:

- Wear shoes outside.
- Use bug spray. Ask your doctor about bug spray and toddlers.
- Watch out for bees around flowers.
- Avoid using perfumes or hair spray.

## Spring and Summer Safety

### Cookouts

- Grills should be placed on concrete or in the yard.
- Do not place grills on wood patios.
- Always watch the grill during use.
- Keep matches, starter fluid, and charcoal out of reach of children.



### Pools and Water

- Never leave your toddler alone near or in the pool.
- Always watch your child closely around water.
- Floaties and water toys are not life saving devices.
- Learn infant and child CPR.

***What are other ways to keep your child safe in spring and summer?***

## Traveling With Your Toddler

Stay safe while you're on the go with your toddler!



**Hold** your toddler on your lap. Or place your toddler **next** to you on the seat.  
Use bus stops that are **well lit**.  
Use bus stops in **safe areas** when you can.  
Always **stay with** your toddler on the bus.



Use the **harness** to secure your toddler.

Keep the **handles free** from bags. This prevents tipping.

Always **stay with** your toddler who is in a stroller.

Use an **elevator**. Escalators and strollers shouldn't mix.

Keep your toddler at a **safe distance** when folding the stroller. The hinges can pinch.



**Use a car seat. Every trip. Every time.**

Toddlers should sit in a rear-facing car seat in the back seat of the car. Keep them in a rear-facing car seat until they meet the height and weight requirements of the car seat. Then move them to a front facing seat but keep them in the back seat of the car. Keep doors and windows locked. Always stay with your toddler in the car.

## Traveling With Your Toddler

### Traveling Tips

- Keep a **travel bag**. Pack it with extra clothes, diapers, wipes, a drink, and a snack.
- Bring a **toy** or a **book** to distract your toddler.
- Point out **sights**, sing **songs** or play **music** to amuse your toddler.
- Try to stop and **rest** every 2 hours. You and your toddler need to **stretch** your legs!

**Enjoy your travel. It's a special time together!**

*Things I do to make traveling safe and fun:*





## Water Fun and Safety

Keep your child safe around water!

| Water Fun  | Water Safety   |
|--|--|
| <p>Fill a bucket of water. Get a soft paintbrush. Your toddler can “paint” outside walls</p> <p>Fill a dishpan with water. Use cups for water fun on the porch.</p> <p>Use outside sprinkler and hoses on a hot day.</p> <p>Get a cup and a bucket of water. Tell your toddler that the outside plants are thirsty. Let him water the plants.</p> <p>Use a doll and a big bowl. Let your toddler give the doll a bath.</p> <p>Use 2-3 big bowls and small balls. Fill the bowls with water. How many balls can your toddler toss into the bowls?</p> <p>Use a strainer or empty saltshaker. Let your toddler make “rain” and shake the water all over.</p> | <p>Always attend your toddler around water. Even buckets and bowls of water. Always empty buckets when you finish using them.</p> <p>Empty wading pools after each use.</p> <p>Adults caring for children playing around pools should know CPR.</p> <p>Don’t allow running or pushing around a pool.</p> <p>Use a life jacket when swimming or in a boat.</p> <p>Pools should be inside a fence. The fence should be at least 5 feet tall. Keep the fence locked when not using the pool.</p> <p>Keep a phone and a safety ring with a rope beside the pool.</p> <p>Don’t drink alcohol when enjoying water sports and play.</p> |



**Remember! You and your toddler need sunscreen.  
Use at least SPF 15+.**

*Things I do to make water play safe and fun:*