



Your Checkup Checklist: 15 Months Old

You now have a full-fledged toddler to keep up with! Those first tentative steps have likely given way to determined dashes to explore everything around them. This is a great time to talk with your child's pediatrician about creating a safe and structured environment that also allows your fearless explorer freedom to learn from their surroundings.

As usual, the doctor will also perform a physical exam and check your child's progress toward important milestones. Here's what else you can expect at the 15-month checkup:



✓ Immunizations

Depending on which vaccines your child got at the 6-and 12-month visits, they may be due for DTaP (diphtheria, tetanus and pertussis), Hib (haemophilus influenzae type B), PCV 13 (pneumococcal disease), measles, mumps and rubella (/English/safety-prevention/immunizations/Pages/Measles-Mumps-Rubella-Vaccines-What-You-Need-to-Know.aspx)(MMR), or Varicella (chickenpox). They can also get Hep B (hepatitis B), inactivated polio vaccine (IPV) and HepA (hepatitis A) doses now or at a later visit. If it's flu season, your doctor will also recommend an influenza (/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx) (flu) vaccine.

✓ Screenings

The doctor may check your child for anemia (/English/health-issues/conditions/chronic/Pages/Anemia-and-Your-Child.aspx) at this visit. Based on certain risk factors, they may also test blood pressure, hearing and vision. Unless your child has already visited the dentist, your pediatrician will check for any new teeth that need an application of fluoride varnish. Teeth that were treated with varnish at least 6 months ago get another application.

✓ Feeding & Development

Your pediatrician will measure and weigh your baby to make sure their growth (/English/health-issues/conditions/Glands-Growth-Disorders/Pages/Growth-Charts-By-the-Numbers.aspx) is on track. They will also observe their development and behavior and perform a physical exam.

Questions Your Pediatrician May Ask

- Can your child drink from a cup with little spilling?
- Do they look around when you say things like "Where's your ball?" or "Where's your blanket?"
- Do they use at least 3 words other than names like "Mama" and "Dada?"
- Can they squat to pick up objects?

Questions You May Have

- How can I help my child learn to cooperate when playing with other children?
- What should I do when my child doesn't finish their food at mealtime?
 - it OK for my child to sleep with a bottle?
 - What is the best way to react when my child misbehaves?

? Did you know

Letting your toddler make choices about some things will decrease power struggles about others. Whenever possible, allow your child to choose between 2 options that are acceptable to you. For example, let them decide between two of their favorite books to read at bedtime.

✓ Safety

Questions Your Pediatrician May Ask

- How do you keep hot liquids out of your toddler's reach?
- Do you have a working smoke detector on every level of your home, especially in the furnace and sleeping areas? When were they last tested?
- Is the furniture in your home anchored (</English/safety-prevention/at-home/Pages/Preventing-Furniture-and-TV-Tip-Overs.aspx>) to the wall?
- Do you have gates at the top and bottom of stairs, and window guards on second- and higher-story windows?

Questions You May Have

- When should I enroll my child in a swimming program? (</English/safety-prevention/at-play/Pages/swim-lessons.aspx#%3a~%3atext=If%20your%20child%20seems%20ready%2c%20it%27s%20a%20good%2cin%20swim%20lessons%20can%20master%20the%20front%20crawl.>)
- How do I know when it is safe to replace our child's crib with a toddler bed?
- Which emergency numbers should I have in my cell phone and give to my babysitter?
- How can I be sure I am using my child's car safety seat (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>) correctly?

✓ Communication Tips

Never hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. If your pediatrician is unable to see you but believes your baby should be examined, they will advise you on the most appropriate place for your baby to receive care and how quickly your baby should be seen.

More information

- [HealthyChildren.org: Toddler \(/English/ages-stages/toddler/Pages/default.aspx\)](#)
- [Drowning Prevention for Curious Toddlers: What Parents Need to Know \(/English/safety-prevention/at-play/Pages/Water-Safety-And-Young-Children.aspx\)](#)
- [Childproofing Your Home for Poisons \(/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx\)](#)
- [Preventing Furniture and TV Tip-Overs \(/English/safety-prevention/at-home/Pages/Preventing-Furniture-and-TV-Tip-Overs.aspx\)](#)

Last Updated 1/24/2022

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