

Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



Routine Physical Exam: 15 months

Development

- Your child is exploring his or her world and may experience many emotions. When parents respond to emotional needs in a loving, consistent way, their children develop confidence and feel more secure. He or she may have temper tantrums in response to stress or frustration.
- Your child may be able to:
 - Say a few words, understand simple commands
 - Let you know what he or she wants by pulling, pointing, or grunting
 - Drink from a cup and point to parts of his or her body
 - Walk alone, run, and climb the stairs
- Brush teeth daily with a dab of toothpaste containing fluoride.
- Visit: www.HealthyChildren.org, search topics like “Toddler Growth and Development”

Safety

- Your toddler is becoming increasingly mobile and curious. He or she needs constant supervision and protection against common and uncommon hazards.
 - Lower the crib mattress to prevent falls, check window guard
 - Check smoke & carbon monoxide detectors twice yearly
 - Supervise your child with family pets
- Your child must be secured in a car seat for every ride! Infants should be in rear facing car seats according to your seat’s manufacturer’s guidelines. Seat weight and height requirements should be followed carefully. The American Academy of Pediatrics recommends that children remain rear facing in the back seat until age 2 years.
- Use caution around swimming pools. Pools should be secured with fence and self-latching gate.
- Use sunscreen and sunglasses.
- Maintain a smoke free environment. Children exposed to smokers/second hand smoke are more susceptible to ear infections, breathing problems, and wheezing.
- Poison Control: 1-800-222-1222
- Visit: www.HealthyChildren.org, search topics like “Infant & Toddler Car Seat Safety”, “Sun and Water Safety”, “Childproofing Your Home”; www.CDC.gov, search “Traveler’s Health”

Nutrition

- The toddler’s rate of weight gain will be slower than in the first year of life and he/she may eat less. They tend to graze and appetites vary from time to time.
- Give three meals per day and offer 2-3 nutritious snacks. Let your child decide what and how much to eat from an assortment of healthy foods. Offer well cooked vegetables, low sugar cereals, yogurt, cheese, whole grain bread, nut butter, lean meats and fish.
- Your child may drink whole (cow’s) milk – up to 20 ounces per day.
- Vitamin supplements are not routinely recommended. Talk about them with your doctor before giving
- Visit: www.ChooseMyPlate.gov

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Relationships

- Establishing routines around bedtime, mealtimes, and playtimes is important.
- Stranger anxiety reaches its peak over the next few months. Limit the number of caregivers.
- Talk, sing, and read to your child.
- Limit screen time (TV, iPad, etc.) to one hour per day.
- Discipline becomes increasingly important. Set a small number of specific rules, communicate them clearly to your child, and enforce them. Keep disciplinary measures brief. Use “time-out” in a safe place for one minute. Avoid shouting, spanking, or long explanations.
- Suggest acceptable alternatives.
- Praise good behaviors.
- Toddlers will continue to sleep 12-14 hours per day. They may nap 1-2 times per day. Some children at this age may go through a period of night waking. If this occurs, do not give your child enjoyable attention, a nighttime feeding, or allow your child to come into bed with you. A brief visit for reassurance is all that is needed.
- Take some time for yourself and spend some individual time with your partner. Seek support and understanding about being a parent from people you trust.
- Visit: www.HealthyChildren.org, search topics like “Toddler Growth and Development”, www.KidsHealth.org, search “Disciplining Your Toddler”

Office Policies

- We like to see infants at regular intervals: 1, 2, 4, 6, 9, 12, 15, 18 months, 2 years, and then annually thereafter. We schedule 3 months in advance. We try to alternate visits between your child’s pediatrician and pediatric nurse practitioners (PNP).
- We follow the recommended vaccine schedule as indicated by the American Academy of Pediatrics & Centers for Disease Control. View vaccine information statements (VIS) at: www.immunize.org/vis
- Please note that many insurance companies require referral authorizations for outpatient appointments, urgent care visits, & other services. It is your responsibility to understand your insurance benefits so you should familiarize yourself with your plan’s referral requirement. Please call the Referral Department if you need to request a referral 781-933-0254.
- Sign up for the Patient Portal to access vaccine history, lab results, and request refills. You may also sign up for text and voice appointment reminders. See a staff member for details!
- Traveling outside of the country in the next few months? Be sure to contact our nurses to determine if your child will need travel vaccines/medications prior to departure.

When should you call for further assistance?

- If you are concerned that your child is not growing or developing normally
- If you are worried about your child’s behavior
- If you need more information about how to care for your child, or have additional questions or concerns.