

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT

TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

15 MONTH OLD (NO. 15)

Breakfast

(7-8:00 a.m.)

Tri-Vi-Flor 0.25 mg., 1 dropperful
Cereal with milk
Toast
Egg (1-3 times per week)
Fruit
Bagel, bread, muffin, pancake, waffle
Milk from cup

Lunch

(11:30 - 12:30)

Sandwich (*tuna, cheese*)
Soup
Pasta
Yogurt/cottage cheese
Vegetables/salad

Snack

2:00-3:00 p.m.

Crackers/whole grain cookies
Fruit
Vegetable
Soft cheese
Milk or dilute juice from cup

Dinner

(6:00 p.m.)

Pasta/rice/whole grains/potato
Meat or fish
Vegetables/salad
Fruit
Milk from cup

FEEDING SUGGESTIONS

Continue whole milk dairy products. Baby will have improved dexterity with spoon and fork. There is no such thing as table manners for your 15 month old. Messiness is the rule. Baby should enjoy mealtime. Never force her to eat - she knows best if she/him is hungry and may be developing distinct likes and dislikes. Continue bottle-weaning. Some babies may be ready to give it up completely by now. After 18 months the bottle becomes a security object for baby and weaning may be a more difficult process.

GROWTH AND DEVELOPMENT

Baby will be walking, and requires constant vigilance to protect him/her from accidents. Make sure all stairs are safeguarded with gates. Doors to basements are especially dangerous.

Baby will begin showing independence by taking off clothes, and wanting to do other activities himself/herself. This is the development of autonomy and curiosity and should be respected and encouraged. But do not be afraid to set proper limits if child is in a dangerous situation. Encourage positive behaviors, rather than punishing negative ones.

Spend time playing with your child - building blocks, playing ball. Babies this age will enjoy imitating household chores (*sweeping, dusting, playing with dishes and dolls*). Try not to sex-stereotype. Girls enjoy trucks and boys enjoy baby dolls.

Continue to read to your child to encourage speech development. Make reading part of your child's bedtime routine.

Your child may have one or many teeth by now. As soon as the teeth emerge twice daily brushing should become a routine. You can use just a soft toothbrush and water at this point. Children this age tend to swallow tooth-paste. In order to avoid the development of cavities, your baby should have nothing but water by mouth after brushing her/his teeth before bedtime.