

# 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

### 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  
Meat or Beans  
Soup  
Pasta  
Yogurt/cottage cheese  
Vegetables/salad

### Snack

(2:00-3:00 p.m.)

Crackers/whole grain cookies  
Fruit  
Vegetable  
Soft cheese  
Milk or water

### Dinner

(6:00 p.m.)

Pasta/rice/whole grains/potato  
Meat or fish  
Vegetables/salad  
Fruit  
Milk or Water 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 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 toothpaste. In order to avoid the development of cavities, your baby should have nothing but water by mouth after brushing her teeth before bedtime.

Visit our Website

[www.chestnutridgepediatrics.com](http://www.chestnutridgepediatrics.com)

Vaccine Info. sheets available on website

(Over)