



WHAT HAPPENS AT THE 15 MONTH VISIT?



MY NOTES AND QUESTIONS

Exam

- Record length, weight, and head circumference
- Check heart, lungs, abdomen, skin sensitivities, abdominal organs, lymph nodes, hands, feet, movement of legs and hips, muscle tone, strength, and gait
- Assess risk of hearing loss, vision impairment, and anemia

Milestones

- Walks alone
- Runs
- Climbs stairs
- Says 2-3 words
- Understands simple commands
- Shows affection and kisses
- Scribbles
- Listens to a story
- Looks at pictures
- Imitates activities

Immunizations

- Pentacel (DTaP, HIB, Polio)
- Hepatitis A



GREEN TREE PEDIATRICS

MY 15 MONTH VISIT

(child's name)

Has an Appointment on

(date)



FOCUS ON EAR INFECTIONS

What is an ear infection?

- Ear infections are caused by inflammation of the Eustachian tubes. This swelling traps fluid in the middle ear, which can become infected. They are caused by colds, allergies, and smoke exposure

Why does my child get so many ear infections, but I don't?

- Children's Eustachian tubes are narrower and more horizontal than adults' ear tubes, so fluid is more likely to get trapped

Why was I just in the office for a cold and the ear infections was not picked up?

- Ear infections can develop in a matter of hours as a result of another illness, such as a cold

How is an ear infection treated?

- Many ear infections will resolve on their own, so it is best to focus on pain management. However, antibiotic therapy is sometimes recommended, and drainage tubes may be appropriate

Why should my child's ears be re-checked following diagnosis of an infection?

- Fluid can remain even after the infection has been treated. Persistence of fluid in the ears can affect a child's hearing and language development



STIMULATING HEALTHY DEVELOPMENT

- Ensure adequate sleep to promote healthy brain development
- Encourage your child's vocabulary by pointing to objects and naming them
- Support your child's developing gross motor skills by providing opportunities to walk, run, climb stairs, and climb on and off furniture with supervision. Let him/her practice these skills in new situations
- Help your child develop a positive self-image by praising him/her daily and acknowledging how hard s/he is working to master new skills
- You can help your child manage difficult emotions by acknowledging them. Help your child learn to name feelings, and let him/her know that it's okay to be sad or mad



SAFETY CHECK

- Review previous "Safety Check" pamphlets
- Keep home and car smoke free
- Continue "baby proofing" your home. Ensure that doors are locked when you are inside with your child. Turn pot handles toward the back of the stove, and secure large furniture to the wall or floor
- Be aware of choking hazards. If you serve hotdogs or grapes, always cut slices in halves or quarters
- Never leave your child alone with water. Drowning can happen in an instant
- Supervise your child near pets, mowers, streets, and driveways. Do not trust vehicle backup cameras to see a small child in the driveway
- Wash hands frequently and clean toys regularly
- Remove guns from home. If a gun is necessary, it should be stored locked and unloaded with ammunition locked separately