

# 13 TO 15 MONTHS



My photo  
at 15 months.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will have several immunizations. If I have had any reactions to the immunizations before, remind my doctor or nurse about what happened.
- You may be asked to complete an “Ages and Stages Questionnaire” to help determine if there are any developmental concerns.

*Ask the doctor or WIC Nutritionist about my eating habits.* I am eating a variety of foods. Do not worry if my appetite changes from meal to meal.

## PLAY WITH ME. IT HELPS ME LEARN!

- Read stories. This helps me learn new sounds and words.
- Play hide-and-seek games.
- Pretend with me. Let’s make believe we are cooking, eating, washing, cleaning, drinking or going on a hike. I like to copy what you do. It is also fun for you to sometimes copy what I do.
- Build a tower with blocks.
- Reward me when I do a good thing. Think about rewarding me with activities that I like to do, such as reading a favorite story or spending time with a favorite person. Using food as a reward can lead to problems later.

## HELP ME GET READY TO GO TO SLEEP...

Bedtimes can be a problem when I am overtired. I really enjoy stories or another quiet activity before I go to sleep. A regular bedtime routine helps me to settle down.

I am learning at my own pace. If you have questions because you think it is taking me a long time to learn to do some of the items on the list, please call my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at <http://tiny-k.org/>. If child care is in my future and you need help finding a high-quality child care program, call the Child Care Aware® of Kansas Parent Resource Center toll free at 877-678-2548.

## WATCH FOR ME TO...

- Let you know what I want without crying. I may point, reach, make a sound, put up my arms, pull on you or even say a word.
- Stand for 10 seconds or more.
- Wave bye-bye when someone is leaving and tells me goodbye.
- Call you "mama" and "dada." You are so happy to hear me say those words when I see you.
- Talk all the time. Most of the time it sounds like jabbering and I am the only one who knows what it means.
- Know the meaning of some words like "juice," "cup," "no" and "out."
- Stop to pick something up and stand up again without holding on to anything.
- Drop small things like a block into a container. When I do this, I open my hand to drop the block.
- Turn and look when I am called.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

## HELP ME BE SAFE...

**Help me learn what I can do.** Show me and tell me what you want me to do. If I do not do it or I disobey you, show me or tell me again. Praise me when I do it right. Do not yell or hit me. I learn more quickly and easily if you teach me or show me than if you punish me.

**Teach me not to play around stairs and windows.** Accidents can happen. Check the screens on the windows. Make sure the screens are not broken or torn.

## YOU MAY NOTICE...

- That I have a change in appetite. I may not eat as much as I used to because I am not growing as fast.
- That I may put all my energy into learning to walk. Because I am learning to walk, I might be slower to learn some other things.

## BE CALM WHEN I HAVE A TEMPER TANTRUM...

It is okay for me to cry and scream when I am angry. This is one way I say, "I am angry." I do not have enough words yet to explain my feelings. You can say, "I know you feel really angry when that happens!" As I grow older, I can learn other ways to deal with my anger.

Do not give me what I want when I scream. Let me calm down and then help me change my attention to something I can do.

Here are some ways you can help me stop the tantrum:

- Stay calm.
- Keep me from hurting myself by putting me in a safe place.
- Hug me and comfort me when I have calmed down.

Spanking and yelling at me do not help. They only make me more angry. I will calm down with your help or on my own. When I am quiet, help me do an activity that I enjoy.