



15 Months



Nutrition

- Appetite often becomes less predictable.
- Some days toddlers eat a lot, some days very little; this can be completely normal.
- Continue offering balanced meals and snacks.
- Repeated exposure builds acceptance.
- Food preferences often change quickly.
- Offer a variety of foods without pressure.
- Practice with spoons and forks.
- Messy meals are normal learning.

Helpful Approach

- Offer 3 meals and 2 to 3 snacks daily.
- Let your child decide how much to eat.
- Avoid pressure and food battles.
- Keep sweets limited when possible.



Sleep & Routine

- Many toddlers sleep 10 to 14 hours in 24 hours.
- One or two naps may still occur.
- Many transition to one nap by 18 months.
- Consistent routines often help.
- Sleep disruptions can happen during growth.



Behavior & Boundaries

Toddlers learn through testing limits.

Helpful strategies:

- Stay calm and consistent
- Use simple language
- Redirect when possible
- Praise positive behavior
- Keep routines predictable

Connection and consistency matter most.



Development

Many children may begin to:

- Walk confidently
- Climb furniture
- Use several words
- Point to communicate
- Follow simple directions
- Imitate daily activities
- Show strong preferences

Milestones happen on a range of timelines.



15 Months



Tantrums

- Frustration is common with limited language.
- Stay calm and nearby.
- Keep responses brief and steady.
- Tantrums usually pass.



Teeth & Oral Care

- Brush twice daily with fluoride toothpaste.
- Schedule regular dental care, if started.
- Ideally, your child will be weaned off of the bottle by 15-16 months.



Vaccines & Labs

Recommended vaccines or labs may be discussed today, based on schedule. We are happy to answer questions.



Safety

With climbing and speed increasing:

- Gate stairs
- Watch stairs closely
- Anchor furniture
- Supervise water use
- Keep hazards out of reach



Play & Learning

Try these fun activities:

- Helping with easy tasks
- Stacking blocks
- Naming objects
- Reading books
- Songs and movement
- Pretend play
- Outdoor exploration

Play builds language and confidence.



Upcoming 18 Month Visit

We often discuss:

- Continued milestones
- Sleep routines
- Language growth
- Behavior changes
- Social development



When To Call Us

- Significant feeding struggles
- Regression in skills
- Limited communication progress
- Anything worrying you
- Persistent sleep concerns