Family Support
• Try not to hit, spank, or yell at your child.
• Keep rules for your child short and simple.
• Use short time-outs when your child is behaving poorly.
• Praise your child for good behavior.
• Distract your child with something he likes during bad behavior.
• Play with and read to your child often.
• Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
• Make sure places your child stays are safe.
• Think about joining a toddler playgroup or taking a parenting class.
• Take time for yourself and your partner.
• Keep in contact with family and friends.

Establishing Routines
• Your child should have at least one nap. Space it to make sure your child is tired for bed.
• Make the hour before bedtime loving and calm.
• Have a simple bedtime routine that includes a book.
• Avoid having your child watch TV and videos, and never watch anything scary.
• Be aware that fear of strangers is normal and peaks at this age.
• Respect your child’s fears and have strangers approach slowly.
• Avoid watching TV during family time.
• Start family traditions such as reading or going for a walk together.

Feeding Your Child
• Have your child eat during family mealtime.
• Be patient with your child as she learns to eat without help.
• Encourage your child to feed herself.
• Give 3 meals and 2–3 snacks spaced evenly over the day to avoid tantrums.
• Make sure caregivers follow the same ideas and routines for feeding.
• Use a small plate and cup for eating and drinking.
• Provide healthy foods for meals and snacks.
• Let your child decide what and how much to eat.
• End the feeding when the child stops eating.
• Avoid small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, and hard, raw veggies.

Safety
• Have your child’s car safety seat rear-facing until your child is 2 years of age or until she reaches the highest weight or height allowed by the car safety seat’s manufacturer.
• Lock away poisons, medications, and lawn and cleaning supplies. Call Poison Help (1-800-222-1222) if your child eats nonfoods.
• Lock away knives and scissors.
• Only leave your toddler with a mature adult.
• Near or in water, keep your child close enough to touch.

Finding a Dentist
• Take your child for a first dental visit by 12 months.
• Brush your child’s teeth twice each day.
• With water only, use a soft toothbrush.
• If using a bottle, offer only water.

What to Expect at Your Child’s 15 Month Visit
We will talk about
• Your child’s speech and feelings
• Getting a good night’s sleep
• Keeping your home safe for your child
• Temper tantrums and discipline
• Caring for your child’s teeth

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org