

15 Months: What to Expect



Growth, Nutrition & Feeding



Growth Check

We will always check on growth and see how your little one is doing overall.



Milk & Drinks

How are we doing with milk? Let's limit juice and sugary drinks to support healthy habits.



Self-Feeding

Start encouraging the use of a spoon and fork – even if they're picky, keep offering a variety of foods!

Sleep



One Nap Transition

Toddlers are transitioning to one nap daily – this is completely normal!



Battling Bedtime

Bedtime battles are normal. Remain consistent with routines – we know it's hard!



Separation Anxiety

Separation anxiety is still happening and may cause waking during the night.



Sleep Consultants

Sleep consultants are always available if you are interested in extra support.

Physical Exam & Vaccines



Walking Assessment

We will check how your toddler is walking and assess their gait and balance at this visit.



Speech Development

We will review speech and language milestones as part of the physical exam.



Vaccines

Vaccines only if on a delayed schedule and not completed at the 12-month visit.

Developmental Milestones



3–5 Words

Using 3–5 words meaningfully and following simple commands.



Pointing & Problem Solving

Pointing to things and engaging in simple problem solving tasks.



Imitation

Imitates household activities – your little one loves copying you!



Growing Independence

Showing increasing independence as they explore their world.

Behavior & Social Development



Toddler Tantrums

Tantrums are in full swing – totally normal and understandably stressful. You're doing great!



Outdoor Play

Let them play outside safely! Kids need to expend their energy in healthy ways.



Gentle Discipline

Encourage consistent, gentle discipline and predictable routines to help them feel secure.



Social Interaction


Toddlers need interaction – try playgroups and library story times to support social growth.



First Dental Visit

Schedule the first dental visit once the first tooth erupts – don't wait too long!

Questions & References

 We always want to hear from you! Please share any questions or concerns at this visit – no question is too small.