

OLD TAPPAN PEDIATRICS

215 OLD TAPPAN ROAD
OLD TAPPAN, NJ 07675
(201) 666-1001

136 N. WASHINGTON AVE
BERGENFIELD, NJ 07621
(201) 385-7300

info@otpediatrics.com

FIFTEEN MONTHS

MILESTONES

Walks well
Says a few words
Feeds self with help
Drinks from cup

NUTRITION

Whole milk
Table foods , but still beware of “choke” foods (peanuts, whole grapes, popcorn, etc)

VITAMINS

Polyviflor 0.25 mg. Give 1 dropperful daily

ANTICIPATORY GUIDANCE

Car seat in back seat, rear-facing till 2 yrs old.
Smoke-free environment
Water safety - pool, bathtub and bucket
Toddler safety - Hot liquids and surfaces, loose cords, electrical outlets, table edges
Continue to be wary of child’s access to medicines (vitamins), cleaners, perfumes, and other toxins.

POISON CONTROL CENTER 1-800-222-1222

NEXT VISIT

18 months old