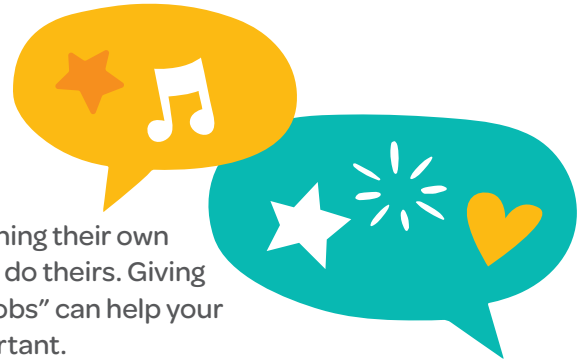


15 Month Visit



Allow

Let your little one practice brushing their own teeth... or brush yours while you do theirs. Giving your child independence and “jobs” can help your child to feel in control and important.

Mess

Let your child make a mess when eating. Throwing or playing with food is normal at this age. Your child is exploring the world, so don't get too upset and remember they aren't trying to misbehave.

Redirect

When your child is upset, try distracting them with something or someone else around them. Remember that they are too young for any punishments, but can be distracted with a book, toy, song, turning the lights on and off, going for a walk or a silly dance.

Eat

Giving a name to everything around your child builds important skills before school. Talk about colors and textures in your everyday life - like “the sky is blue” or “that cracker is scratchy.” Practice games with labeling too! See below to learn why this is important and what you can do.

Label

Conversations don't just have to be with words. You can use your hands to tell a story too and connect movement with language!

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Choose and Chew

When feeding your child, offer some choices. Hold up two kinds of food and see which one they look at, points to, or reaches for. Talk about their choice and how they respond. You can say, “You chose the banana! I am taking off the yellow peel and cutting it up for you.”

Suggested Age

6 months -2 years

Vroom is not a diagnostic tool. For more info ask your child's doctor.

Brainy Background™



When you give your child some real choices, you're supporting them in becoming more independent. You're also helping them learn how to communicate and have conversations, even if they don't use words yet. They're making connections between words and what they stand for.

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