



Wellness Visit

15 Month

fhm *Primary Care*

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A reminder for all parents...

Everyday will be different and that's ok!
Whether this is your first baby or you've done this many times before, ALL parents need support, reach out for help when you need it!
If you have questions don't hesitate to call us.



Support & Self-Care

CALL US

- For help if you feel sad, or overwhelmed
- If you do not feel safe at home
- With questions about your child, we're here to help!

TAKE CARE OF YOURSELF

Caring for yourself is vital in being a caregiver
Schedule child-free times for yourself.



Safety

CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles until at least age 2.

SMOKE-FREE

Keep your child in smoke-free environments.
Your car and home should be 100% smoke-free.

BATH TIME

Always test your child's bath water and never leave your child alone in a bath.

SAFE SPACE

Keep plastic bags, balloons, and small objects away from your child. Keep baby gates up on all stairs and spaces that are not safe for your child. Be sure all cords are out of reach especially irons, and hot hair tools. Keep medications, and cleaning supplies in a child proof closet or cabinet up high out of reach and sight. Put window guards on windows your child could push on. If you must have a gun in the home store it unloaded and locked in a gun safe. Check to confirm all smoke and carbon monoxide detectors are working and have an escape plan in case of an emergency.



Caring for Your Child

COMMUNICATION+ EMOTIONS

Use words to describe your child's feelings. Use simple, clear phrases to talk to your child. Set limits to protect your child not punish. Be patient your child is learning how to communicate! Let your child choose - offer two snack options, books, drinks, etc. so they feel in control.

SAFE SLEEP

Maintain your bedtime routine that includes reading every night. Try to tuck your child in when they are drowsy but not yet asleep.

FEEDING

Have your child eat during family mealtime. Encourage your child to feed them self without help. Let your child decide how much to eat, never force food. Cut solid foods up into very small pieces to avoid choking. Avoid nuts, and popcorn as they are a choking hazard. Use toddler safe utensils, plates, and cups.

PLAYTIME

Make play areas safe spaces where your child can explore and learn.



Health & Wellness

WASH YOUR HANDS

Wash both yours and your child's hands often to keep everyone safe and healthy.

HEALTHY TEETH

Brush your child's teeth twice a day with water only using an infant toothbrush. Phase out use of bottles if you are still using to exclusively sippy cups. Schedule your child's first dentist visit if you have not done so yet.