

15 MONTHS – Baby on the move! Special appointment alert!

Your baby is now 15 months old and is probably keeping you on the move!



Today we will talk about milestones, nutrition, and we'll also let you know about a special medical appointment your baby can have when they turn 18 months old.

What are some of the things babies can do at this age?

By 15 months, most babies can

- Copy other children while playing, like taking toys out of a container when another child does
- Clap when they are excited
- Show you affection (hugs, cuddles, or kisses you)
- Tries to say one or two words besides “mama” or “dada,” like “ba” for ball or “da” for dog
- Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, “Give me the toy.”
- Stacks at least two small objects, like blocks
- Takes a few steps on his own

There are more milestones listed, along with pictures and video examples, on [CDC Milestones](#) website, or in the [app](#).

If you have any concerns about your child’s development, contact your healthcare provider. You can also contact the [SmartStart Hub at Five Counties Children’s Centre](#) to get connected directly to services. The resources linked to in the CDC website/app are American, so be sure to check out [What’s available for families](#) for local resources.

[CDC Milestones](#)

Immunization Alert!

Your child is due to receive their first immunization for varicella, which is to protect against chickenpox.

Don’t forget to record your child’s immunizations [here](#).



Building a Healthy Relationship with Food

Having a healthy relationship with food and your body is an important part of mental health. Talk positively about food and bodies to protect your child's body image. Avoid talking about diets, restricting food, or things you may not like about your own body.

Bodies come in all shapes and sizes. Be a role model by celebrating these differences!

[Positive Body Image](#)



Prepare for your Enhanced-Well Baby Visit

When your baby turns 18 months old, they can have a special, longer appointment called an enhanced 18-month well-baby visit. This is a great chance for you to discuss your child's development with your health care provider.

Experts have identified the following as key areas for healthy child development:

- Physical health
- Safety
- Social and emotional well-being
- Motor and language skills
- Parenting and healthy habits

Prepare for the visit using the 18-Month Well-Baby Visit Planner. This easy 5 to 10-minute guide helps you identify questions to ask your health care provider.

[18-Month Well-Baby Visit Planner](#)



EarlyON Child and Family Centres

Meet other parents, learn parenting tips, and have fun with your child at free programs.

Peterborough Child and Family Centres

Tel: 705-748-9144

Website: <https://ptbocfc.ca>

Facebook: [Peterborough Child & Family Centres - Home | Facebook](#)

The Old Millbrook School EarlyON Child and Family Centre

Tel: 705-932-7088

Website: www.millbrookfamilycentre.com

Facebook: www.facebook.com/millbrookfamilycentre/

Currently, our e-mail program only goes until your baby turns 18 months,
so watch for our last e-mail then!

