

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.

It's time to complete the 15-month Looksee Checklist. By fifteen months of age, does your child:

- Use five or more words? (words do not have to be clear)
- Look at pictures while you name them?
- Try to show you something by making sounds or words while reaching or pointing and looking at you?
- Imitate a few animal sounds?
- Use connected sounds that seem like little stories?
- Respond to own name when called?
- Pick up and eat finger food?
- Recognize some body parts on self and dolls?
- Crawl up stairs?
- Walk sideways holding onto furniture?
- Try to squat to pick up a toy from the floor?
- Remove socks and try to undo shoes?
- Stack two blocks?
- Use two hands while playing with a toy?
- Repeat an action that made you laugh?
- Look at you to see how you react? (after falling, when a stranger enters the room)

Follow up with your Health Care Provider if you answered “no” to any of these questions or if you have concerns about your child’s development.

If your child was premature, check the website for guidance about which checklist to use.

[Looksee Checklist](#)

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

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

Website: [Programs](#)

Old Millbrook School EarlyON Child and Family Centre

Tel: 705-932-7088

Facebook: www.facebook.com/millbrookfamilycentre/

Website: [Programs](#)

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

