

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

15 Months Visit

Next Visit: @ 18 Months of Age

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Immunizations Recommended: ___DTaP ___HIB ___Influenza

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

You can treat fever with Ibuprofen (100mg/5ml.) Today, your Ibuprofen/Advil dose is: _____ ml.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

Talking and Feeling

- Show your child how to use words: Use words to describe your child's feelings; Describe your child's gestures with words; Use simple, clear phrases to talk to your child; When reading, use simple words to talk about pictures
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when he is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Safety

- Have your child's car safety seat rear facing until your child is 2 yrs of age or until he reaches the highest weight or height allowed by the car safety seat's manufacturer.

- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward facing position.
- Never put your child's rear facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride.
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, lawn and cleaning supplies.
- Call Poison Help if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the 2nd floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces and space heaters.
- Lock away cigarettes, matches, lighters and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your water heater temperature to lower than 120°F.

Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.

- Limit the need to say "No!" by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys drinks or books.

Healthy Teeth

- Take your child for a 1st dental visit if you have not done so.
- Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water.
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org