

# Stay Healthy Kids: 15-30 Months

Regular pediatric visits are important to make sure your toddler is healthy and on track for their milestones, immunizations, and screenings!



## Tips and Concerns

Before each visit, make a list of questions or concerns you may have about your child's health and growth.

Never hesitate to call your pediatrician's office with any questions or concerns.

Regular visits create strong, trustworthy relationships among pediatrician, parent, and child.



Talk with your child's Pediatrician and dentist to schedule their immunizations and screenings.



To see if you qualify for **free transportation** to your child's appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit [www.cencalhealth.org](http://www.cencalhealth.org) and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at [qrco.de/CCHmemberportal](http://qrco.de/CCHmemberportal).

Your baby is now a toddler! Below you will find a schedule of immunizations and screenings recommended for toddlers ages 15 to 30 months.

For specific information on what services your child is due for, view the Preventive Health Guidelines at [qrco.de/becN3m](http://qrco.de/becN3m) or open your mobile phone's camera and point it to this QR code, then click the link.



## Overview of Screenings

- **Physical Exam:** At this exam, the health care provider will check your child's growth and development to find or prevent problems.
- **Fluoride Varnish:** Prevents tooth decay and helps keep your child's teeth and gums healthy. Once teeth are present, fluoride varnish may be applied every 3-6 months until age 5.
- **Blood Lead Test:** This tests for lead levels in your child's blood. Protecting children from exposure to lead is important to lifelong good health.



## 15 Months

You now have a full-fledged toddler to keep up with!

**Some important milestones at 15 months include:**

- **Clapping** when excited
- **Saying** one or two words besides "mama" or "dada"
- **Pointing** to ask for something or to get help
- **Stacking** at least two small objects, like blocks
- **Taking** a few steps on their own

**Immunizations:**

- May be due for **DTaP** (Diphtheria, Tetanus, and Pertussis), **Hib** (Haemophilus influenzae type b), **PCV15** (Pneumococcal), **MMR** (Measles, Mumps, Rubella), **VAR** (Chickenpox)
- They can also get **Hep B** (Hepatitis B), **Hep A** (Hepatitis A), and **IPV** (Inactivated polio vaccine)

**Screenings:**

- Physical Exam
- Anemia Blood Screening
- Fluoride Varnish for any new teeth



## 18 Months

At a year-and-a-half old, your toddler is excited to be learning more skills.

**Some important milestones at 18 months include:**

- **Looking** at a few pages in a book with you
- **Playing** with toys in a simple way, like pushing a toy car
- **Walking** without holding on to anyone or anything
- **Drinking** from a cup without a lid and may spill sometimes
- **Feeding** themselves with their fingers or tries to use a spoon

**Immunizations:**

- May be due for **Hep B** (Hepatitis B) or **DTaP** (Diphtheria, Tetanus, and Pertussis)

**Screenings:**

- Physical Exam
- Anemia Blood Screening
- Fluoride Varnish for any new teeth



## 24 Months

Happy second birthday to your toddler! Be sure to share all your proud-parent moments with your pediatrician.

**Some important milestones at 24 months include:**

- **Looking** at your face to see how to react in a new situation
- **Saying** at least two words together, like “More milk.”
- **Holding** something in one hand while using the other hand; for example, holding a container and taking the lid off
- **Kicking** a ball, runs, walks up a few steps without help
- **Eating** with a spoon

**Immunizations:**

- Catch up on any missed or delayed vaccines!

**Screenings:**

- Physical Exam
- Fluoride Varnish for any new teeth
- Blood Lead Test

## 30 Months

Besides performing a complete physical exam and asking you about your concerns, the pediatrician will focus on language and social development at the 30-month checkup.

**Some important milestones at 30 months include:**

- **Playing** next to other children and sometimes plays with them
- **Saying** about 50 words and says words like “I,” “me,” or “we”
- **Using things to pretend**, like feeding a block to a doll as if it were food
- **Using hands to twist things**, like turning doorknobs or unscrewing lids
- **Jumping** off the ground with both feet

**Immunizations:**

- Catch up on any missed or delayed vaccines!

**Screenings:**

- Physical Exam
- Fluoride Varnish for any new teeth



2023—These guidelines are based on the CDC Recommended Immunization Schedules and the American Academy of Pediatrics Recommendations For Preventive Pediatric Health Care, [aap.org](http://aap.org).

**Some people have concerns about vaccine safety. If you have any questions or concerns about vaccines, please talk with your child’s Pediatrician.**

**If it’s flu season, your child’s Pediatrician will also recommend a flu vaccine.**





# Be Ready for Your Child's Checkup

## Reminders

- Bring your child's immunization record to the appointment. If you do not have a record, ask your doctor for one.
- Bring a list of all medicines your child is taking, or bring the medicines with you to the appointment.
- Ask about normal growth and development milestones to look for in your child.

**Please fill in the information below & bring this with you to your child's appointment!**

**What questions or concerns do I have about my child that I want to talk about during this appointment?**

**Are there any recent stresses in the family that may be affecting my child, such as death of a loved one, loss of a job, or fights?**

YES  NO

*If yes, explain briefly:*

**Since the last appointment, has my child had any recent injury or been diagnosed with any new disease or condition?**

YES  NO

*If yes, fill in the following information.*

Injury, condition, or disease	Who gave the diagnosis?	What treatment was given?

What medicines (including prescription, over-the-counter, herbs, and natural health products) does my child take?

Name of medicine	What is the medicine for?

Does my child have any new allergies to medicines, foods, or other substances?  YES  NO  
If yes, fill in the following information.

Medicine or substance	Reaction

Do I have any concerns for my child in any of the following areas?  YES  NO

Concerns	Explain If yes, describe the problem.
Sleeping	
Eating	
Bowel or bladder	
Speech and language	
Hearing or Vision	
How my child behaves	
Physical growth and coordination	
Emotions	
School or daycare	
Physical activity	