

# 15 MONTH VISIT

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- 1 ALLOW** Let your little one practice brushing their own teeth...or brush yours while you do theirs. Giving your child independence and “jobs” can help your child to feel in control and important.
- 2 MESS** Let your child make a mess when eating. Throwing or playing with food is normal at this age. Your child is exploring the world, so don’t get too upset and remember they aren’t trying to misbehave.
- 3 REDIRECT** When your child is upset, try distracting them with something or someone else around them. Remember that they are too young for any punishments, but can be distracted with a book, toy, song, turning the lights on and off, going for a walk or a silly dance.
- 4 EAT** Have meals together as a family whenever you can. Eating together teaches kids a lot and is a wonderful time to talk and connect as a family.
- 5 LABEL** Giving a name to everything around your child builds important skills before school. Talk about colors and textures in your everyday life - like “the sky is blue” or “that cracker is scratchy.” Practice games with labeling too! See below to learn why this is important and what you can do.

## Body Parts

Vroom™ Tip: Take a moment to label different parts of your child’s body. You can start with their head, eyes, nose, ears, and move down! To make it more fun, you can kiss or tickle each part while you label it.

## Brainy Background



Your baby learns about the world through you. Playing this way helps them feel love through your touch and attention. They also learn new words. For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!