



## 15 Months

At 15 months, most babies are starting to show significant developmental milestones. Below are some common areas of development you may observe in a 15-month-old baby:

**Motor skills:** Your baby is likely walking and may also be able to climb stairs while holding onto support.

**Language and communication:** Your baby may be saying a few words and can understand simple instructions.

**Cognitive skills:** Your baby's memory and problem-solving abilities are improving.

Every baby develops at their own pace, so if your baby appears to be slightly behind in certain areas, it is usually not a cause for concern. However, if you have any concerns about your baby's development, it is best to consult with their pediatrician.

## New Dads

Congrats on becoming a new dad! Here are a few tips for navigating fatherhood:

- **Support your partner:** Help with chores and baby care to share responsibilities and show support.
- **Establish a routine:** Stick to a consistent feeding, napping, and bedtime schedule to anticipate your baby's needs.
- **Try to be patient:** Babies can be unpredictable, so give yourself and your baby time to learn and bond.
- **Communicate with your baby:** Talk, sing, and read to them to comfort and stimulate them.
- **Bond through touch:** Skin-to-skin contact strengthens the bond, so cuddle and hold your baby often.
- **Take care of yourself:** Prioritize self-care by sleeping, exercising, eating well, and enjoying hobbies.

