



3 Year Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Head _____

IMMUNIZATIONS

Your child may receive the Hepatitis A vaccine today if it has not already been given. Your child may also need to catch up on any missed vaccines. Please read the vaccine information provided and ask your doctor any questions you may have. You will be asked to sign a form, giving consent for the vaccines. Please inform your doctor of any previous reactions to vaccines. Common reactions include fever, fussiness, local redness, swelling, pain, and mild sleepiness, which may last up to 2 days. Significant reactions include fever > 104.5 rectally or inconsolable screaming for more than 3 hours. For mild reactions, treatment includes cool compresses and acetaminophen (i.e. Tylenol). Please notify us of any significant reactions. Please notify your doctor if there is a family history of cardiovascular disease such as heart attack or stroke before the age of 55 in men or 65 in women or if there is a family history of any cholesterol or lipid problems. A blood test to check your child's cholesterol level may be indicated.

If it is flu season please be sure all family members, especially siblings, and all people who come in contact with your child are vaccinated against influenza. Young children are at high risk for significant illness from the flu. The influenza vaccine will be offered during flu season. Remember, good handwashing is the best defense against all illness any time of year.

DEVELOPMENT

At 3 years your child should:

- Know their name, age and sex.
- Count to three. Name one color. Name at least one picture in an animal book.
- Speak in 3 to 4 word sentences. Parents should understand 75% of speech.
- Copy a circle and a cross.
- Open a door.
- Jump in place, kick a ball, throw a ball overhead, ride a tricycle.
- Have self care skills, i.e. feeding, undressing, etc. Your child will still need help with dressing.
- Comprehend "tired," "cold," "hungry."
- Show early imaginative and imitative behavior. (Watch what you do and say! Your child will imitate your words and behavior.)
- Assume some very simple responsibilities, like putting toys away with help.

Children this age have an attention span of only a few minutes. However, they love repetition and will want to hear the same story over and over. They also love to learn short rhymes and songs.

Three year olds may be more relaxed than the "terrible twos." However, some children reach the "terrible twos" at 3 or 4 years old. This is normal. They may still cry and hit at times. They may show fear of the unfamiliar and may still want to be a "baby" at times. They may share and take turns, but they often prefer to play alone.

Fears are very common at this age and very real to your child. Talk your child through the fears and offer reassurance. Your child may relieve tension by thumb sucking, nail biting, or nose picking. Offer alternatives or distractions to change the behavior.

Your child will continue to exert independence. You may encourage independence within your set limits. Offer choices that you can live with. For example, say, "Would you like to wear the red shirt or the green shirt?" rather than "What would you like to wear?"

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Play with your child each day. Focus on activities that your child is interested in and enjoys. If there are siblings, make sure each child has special time alone with each parent.

Encourage family activities such as walking, biking (with helmets), playing tag etc. Continue to read to your child. Limit screen time to no more than 1 hour a day. Always choose high quality programming and monitor what your child is viewing. Remember that the TV is not a babysitter.

There should be no computer or TV in your child's bedroom. Continue to reinforce good sleeping habits and maintain a regular bedtime routine.

Curiosity about body parts and the differences between boys and girls is normal at this age. Teach your child the correct terms for genitals. Begin to teach that certain parts of the body (normally covered by a bathing suit) are private and should not be touched without a parent's permission.

Teach your child to wash his/her hands after toileting and before eating. Remember to set the example by washing your own hands. Teach your child to use a tissue to wipe his/her nose and then wash his/her hands.

DISCIPLINE

Toddlers constantly test limits because this is how they learn the rules. Be consistent in expectations and discipline. Praise your child for good behavior and accomplishments and continue to reinforce limits and appropriate behavior. Learn how to respond to your child's needs without giving in to every wish. Temper tantrums may continue. Ignore the tantrum once you have ensured your child's safety. Time out (1 minute per year of age) can be very effective when used consistently. If you threaten your child with a punishment, **always** follow through. Your discipline will be more effective if your child knows that you mean what you say.

NUTRITION

Feed your child 16-24 ounces of 1%, 2% or skim milk and low fat dairy products. Toddlers typically feed themselves, but may need help. They should be eating regular table foods at family mealtimes. Let your child decide how much to eat at a meal and remember that it may not be much. Avoid foods which can cause choking: no nuts, popcorn, gum, carrot or celery sticks, hot dogs, chips, whole grapes, raisins, or anything hard or tough. When giving peanut butter, use a thin layer, not thick chunks of peanut butter. Do not add sugar or salt to your child's food. At this age, your child may have no more than 4 ounces a day of 100% fresh or reconstituted fruit juice served with a meal or a snack, but juice is not necessary for nutrition. Eating a piece of fruit offers more nutrition and is preferred. Ask your doctor if a vitamin supplement is necessary.

Continue healthy eating habits:

- 3 meals with 1-2 scheduled healthy snacks per day. A child's intake will vary greatly from day to day, but should be balanced over several days. Limit sweets and high-fat snacks. Enforce appropriate mealtime behavior, but do not force eating.
- Try to avoid allowing your child to snack/"graze" between regularly scheduled healthy snacks and meals.
- Remember, children will not let themselves starve. You choose the menu, not your child. Offer them the food you would like them to eat. If they eat, that is fine and if they don't eat, that is also fine. DO NOT offer them something else just to get them to eat. They will regulate their intake. Do not let meals become part of a power struggle. Allow your child to feed him/herself. Provide appropriate eating utensils.
- Do not offer junk food. If it isn't offered, they can't eat it.
- Allow your child to only eat in a chair or booster seat in a designated area. No eating in front of the TV, while playing, etc.
- Avoid using food for comfort, to soothe, or to quiet your child.
- Give water between meals and snacks if your child seems thirsty. Juice (maximum 4 oz. per day) may be part of a scheduled meal or snack.
- Do not put your child to bed with a cup or allow your child to carry a cup of milk or juice to drink throughout the day. The sugar will lead to tooth decay.
- Remember that children eat what they see their family eating, so encourage healthy eating habits for the entire family.

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DENTAL CARE

Schedule a routine dental appointment every 6 months or as recommended by the dentist. Brush your child's teeth twice a day and floss daily once teeth are close together or touching. Use a soft brush and a pea-sized amount of fluoridated toothpaste. Have your child spit out the excess toothpaste after brushing. If you have well water, your child may need fluoride supplements. If your child regularly sucks their fingers or thumb, begin to gently help him/her stop. Ask your dentist how to handle dental emergencies, especially accidental loss of a tooth or fracture of a tooth.

SLEEP

The average 3 year old should sleep 10-13 hours/day including naps. Your child will typically take a 1-2 hour nap during the day. Maintain a regular sleeping routine even though your child may naturally try to resist nap time and bedtime.

TOILET TRAINING

By age 3 years, many children are dry during the day, but only a few are dry throughout the night. Most children are bowel trained. Be patient. Do not use punishment, but rather positive reinforcement to encourage toilet training.

SAFETY

- Your child may ride in a forward facing car seat with a harness or a convertible car seat in a forward facing position as long as your child meets the height and weight requirements allowed by the manufacturer. Never place your child in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Avoid bulky clothing and blankets between your child and the harness and make sure the harness fits snugly against your child's chest.
- Do not leave your child unattended or with a young sibling, in a car, bathtub, house, or yard.
- Supervise all play near streets or driveways. Know where your child is at all times.
- Keep your toddler away from moving machinery, lawn mowers, garage doors, etc.
- Be sure your child wears a helmet when riding a tricycle or in a seat on an adult bicycle. Be sure to wear a helmet yourself.
- Children need constant adult supervision, especially around water. Empty any tubs, buckets, and small pools immediately after use. Swimming pools need to be enclosed with a four sided fence with a self-closing, self-latching gate.
- Monitor your child carefully in the kitchen. Turn pan handles toward the back of the stove. Keep cooking utensils, hot liquids, knives, and hot pots out of reach. Keep small appliances out of reach. Place plastic plugs in electrical sockets.
- Keep your child away from hot stoves, fireplaces, irons, curling irons, space heaters.
- Do not leave heavy objects or hot liquids on tablecloths your child might pull down. If your child is burned, place the burned area under cold water immediately and call our office for advice.
- Check for (and remove) any dangling telephone, electrical, blind, or drapery cords.
- In the bathroom, lock cabinets and drawers; install toilet locks.
- Never underestimate your toddler's ability to climb. Secure to the wall dressers, bookcases, or any large furniture which may be toppled if climbed.
- Do not give your child plastic bags, latex balloons, or small objects such as coins, marbles, or magnets.
- Limit time in the sun. Use sunscreen of SPF 15 or higher and use hats to shade ears, nose, and lips. Please visit the website healthychildren.org for more comprehensive sun safety recommendations.
- Test smoke alarms; change the batteries yearly.
- Keep all firearms unloaded and locked away. Store ammunition separately. Keep cigarettes, lighters, matches, smokeless tobacco, liquid nicotine, and alcohol out of sight and reach. Lock up electrical tools.
- Keep the environment smoke free.

Keep poisonous substances, medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control at 828-9123 or 1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

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CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life threatening situation, **call 911 or go to the nearest emergency room.** Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child.

Please call **Poison Control at 828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **4 years** of age. We encourage you to make your appointment before you leave today. If you would prefer to call, our centralized scheduling department can be reached at 804-320-1353. Please note that our office requires 24-hour notice to cancel an appointment. Thank you.

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