

3 YEAR VISIT

Child's name: _____

Today's Date: _____



TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

BODY MASS INDEX: _____ (_____ %ile)

BLOOD PRESSURE: _____ / _____ mmHg

Immunizations

- None routinely

NEXT VISIT

Four years of age

Your Developing Child

- Think about enrolling your child in preschool. This can help build learning and social skills such as sharing and taking turns. If your child is not in school, give him lots of chances to play with other kids
- Encourage daily exercise by taking your child to the playground or park
- Limit TV, video, and video game time to no more than 1-2 hours each day
- Supervise as your child eats, bathes, and dresses, but let your child do more on his own
- Keep reading to your child daily. Let him tell you the story. Ask questions about the story or pictures. Visit the library together
- Encourage your child to play with toys. Expect more creative and fantasy play at this age
- Speak to your child clearly and in adult language. Stuttering is common at his age and often clears up on it's own. Do not draw attention to it or speak for your child
- Ask your child to tell you about his day, friends, and activities. Listen to what your child has to say
- Encourage your child to explore, do things on his own, and tell you what he wants. Children learn self-respect and love when they feel that their ideas are important to you
- Masturbation is common. Let your child know he should do this in private. Be matter-of-fact and do not punish your child for this behavior
- All kids develop at their own rate. At this age, you may notice that your child:
 - Climbs up and down stairs
 - Balances briefly on one foot
 - Pedals a tricycle
 - Eats on his own
 - Knows his name, age, and gender
 - Copies a circle
 - Unbuttons clothes
 - Speaks in sentences and asks questions
 - Counts to three or higher
 - Starts to take turns and share

SETTING LIMITS

With your child able to say more words, he may bargain with you often - "One more story, then I'll nap," for example. Keep consistent rules and limits. Remember, you are in charge! Do not let your child hit or bite. Stop hostile behavior from your child and talk about how those actions affect other people. Teach your child how to say sorry. Time outs are still a good tool at this age, but do not use them too often.



Sleep

- Your child may stop napping during the day
- If your child has bedtime fears, talk about them and remind him that you are nearby. Respond to nightmares right away and comfort your child
- Avoid responding to “curtain call” behavior from your child that keeps him from going to sleep - such as asking for water or repeated good night hugs

Toilet Training

- Most children stay dry during the day by age 3, but some need more time
- Many children still need diapers or pull-ups while asleep
- Teach your child to wash his hands after using the bathroom

Safety

- Check the height and weight limit on your child’s car seat. Children who have outgrown the rear-facing limit for their seat should use a forward-facing seat with a 5-point harness for as long as possible

- Teach safe behavior around open water and cars. These are very present dangers and children need close supervision
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor
- Make sure that all chemicals, medications, cleaners, knives, matches, and other hazardous materials are out of your child’s reach
- Put a hat on your child and apply sunscreen with at least SPF 30 when he is outdoors
- Have your child wear a helmet, elbow guards, and knee pads when riding a bike, scooter, or skateboard
- Teach your child not to go with strangers or take anything from them
- Tell your child not to go near dogs without asking you first
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org

ADDITIONAL RESOURCES

- American Academy of Pediatrics, aap.org
- Immunization Information
 - immunize.org
 - cdc.gov/vaccines
 - vaccine.chop.edu

FOCUS ON FAMILY

- Take time for yourself and to be with your partner
- Parents need to stay connected to friends, their personal interests, and work
- Be aware that your parents may have different parenting styles than you
- Show your child how to handle anger well - time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away
- Reinforce rules and encourage good behavior
- Use time outs or take away what’s causing a problem
- Have regular playtimes and mealtimes as a family

