

3 Year Check-Up

THE EMERGENCE OF MAGIC

Name _____

Weight _____lbs.

Age _____

Length _____

Date _____

Blood Pressure _____

DIET

Your preschooler should continue to eat with the family. It is a privilege to eat at the family table, so be consistent with behavioral expectations. This will give your child the confidence to make good choices and to eat outside of the home, too. Meal times should be an enjoyable family time. Many parents feel stress over their child eating too much or too little. It is the parents responsibility to make nutritional food available and the child's responsibility to eat. Avoid confusing the jobs and avoid food battles. If you are struggling with a picky eater, your physician will be able to offer advice.

It is still important that you help your child brush her teeth. This is a good time to begin routine dental visits.

DEVELOPMENT

This is the age when your child's imagination begins to take fire. She may develop an imaginary friend. Fantasy serves an important role in her developmental growth. It allows her to try out new roles safely. It is difficult at this age for her to separate fantasy from reality. Avoid scary stories and violent television shows. Limit TV time to one hour daily. Choose developmentally appropriate shows and watch them with your child.

Do not use the TV as a babysitter and limit the time in front of the television or computer screen to less than 1-1/2 hours daily.

Your child can now make simple choices and will learn from trial and error.

The three-year-old has developed understandable speech and can now negotiate with her caregivers and peers.

Your child is now aware of gender roles. "I am a girl" or "I am a boy."

Most preschoolers are now toilet trained during the day, but will continue to have occasional "accidents" when they become so involved in activities that they forget to use the bathroom.

It is normal for your preschooler to explore her body. She is getting to know about herself. Your three-year-old needs to be able to play with other children. This will allow her to learn how to get along with others. At this time you will see empathy for others begin.

Remember to hug your child often and tell them you love them. This helps build security and self-confidence.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Always use a proper fitted car seat positioned in the rear.
- Do not assume that your child knows dangers. Store poisons, matches and sharp items out of sight and reach.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- Never leave a child alone at home, outdoors, in a car or near water.
- Continue to put on sunscreen before child goes outside.
- A helmet is needed anytime your child is on a bicycle.
- Supervise all play near streets or driveways. Children are impulsive and may dart suddenly into harm's way.

Next health care visit is when your child is _____ years old.

IMMUNIZATIONS:

COMMENTS
