

THREE YEAR VISIT

DEVELOPMENT

1. Your child is now very active and inquisitive. Accident prevention must be a major parental concern.
2. Your child's speech and language development should be progressing. Children at this age should be able to speak in sentences and their words should be understandable to their parents, but not necessarily to strangers. They should be able to express themselves well, know some nursery rhymes, know how to count and be learning the alphabet.
3. The importance of reading with your child cannot be overemphasized.
4. Children develop a rich fantasy life at this age with imaginary friends and sometimes more fears.
5. Children are very self-centered at this age, but should be learning how to deal with their peers and with adults other than their parents. Nursery school, play groups, YMCA swim and gym programs, dancing lessons and library story hours are excellent activities for children at this age.
6. If not already completed, toilet training should be initiated. Children need encouragement and should not be reprimanded if they do not co-operate. Children will toilet train when they are ready.
7. Limit TV, videos and other digital media to no more than one hour per day. Avoid solo use.
8. Please complete the PEDS Response Form to help us assess your child's development.

DIET

1. Avoid sweets and other junk foods. Popcorn, peanuts and other nuts are choking hazards and should be avoided. Peanut butter is acceptable if there is no peanut allergy.
2. Your child will develop definite likes and dislikes with regard to foods. There is no single food that your child requires for good health. A balanced diet should be offered to your child.
3. A marked decrease in appetite is normal at this age and should not be a source of parental concern. Your child will eat what is needed if given the opportunity to eat a balanced diet.
4. Continue vitamin and/or fluoride supplements if prescribed.

SAFETY

1. Accident prevention is critical at this age. Never leave your child alone in the house, car or yard.
2. Use an approved care seat, toddler size. Place in the back seat.
3. Do not leave your child unattended in bathtub. Watch your child constantly whenever he/she is around any water.
4. Encourage helmet use when your child is on a riding toy or tricycle.
5. Keep all medicines, cosmetics, cleaning supplies, plants, and sharp and small objects away from your child. Place matches and lighters in places where children cannot reach them.
6. Protect your home with smoke and carbon monoxide detectors.
7. Cover electrical outlets and do not allow your child to play with electrical cords.
8. Keep basement doors closed. Use window guards on upstairs windows, gates on stairways.
9. Poison Control Center telephone 1-800-222-1222.
10. Parental cigarette smoking is associated with serious disease in toddlers including respiratory illnesses, ear infections and an increased risk of Sudden Infant Death Syndrome (SIDS). Cigarette smoke causes cancer. Do not expose your child to this toxin.
11. Use sun block during the appropriate times of the year. Limit time in the sun. Use a hat.
12. Perform a full body tick check each night before bed.
13. Protect against mosquito bites. Use insect repellent sparingly.

14. Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from the windows
15. If there is a gun in your home, store it unloaded and locked, with the ammunition locked separately. Ask if there are any guns in homes where your child plays. If so, make sure they are stored safely.
16. Make sure that bureaus, dressers, TV and any other items that could tip over are secured.

DISCIPLINE

1. Children should be learning that there are restrictions that have been placed on their behavior. Temper tantrums should be less frequent as children learn that they are not effective in getting them what they want.
2. Set consistent, reasonable limits.
3. Both parents must agree on the method of discipline.
4. Reward desired behavior. Do NOT reward undesired behavior.
5. Self-image is important. Children like to please; they should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.
6. Be reasonable, be consistent, and be patient. Children learn by repetition.

SLEEP

1. Sleep disturbances, including nightmares, are common at this age. Children should not be allowed to get up to play after they are put to bed. Do NOT place a TV in your child's bedroom.
2. Establishment of a definite bedtime routine such as a bath followed by a bedtime story will help your child settle down to go to sleep.
3. The duration and timing of naps is variable at this age. You will recognize when your child is tired. Use a crib for sleeping, playpens for playing.
4. It is appropriate to transition your child to a toddler bed at this age.
5. The American Academy of Pediatrics recommends 10-13 hours of sleep, including naps, per day at this age.

LAB TESTS

1. A hemoglobin to detect anemia.
2. A blood lead level to detect lead poisoning.

PROCEDURES

1. The American Academy of Pediatrics recommends that fluoride varnish be applied every 3-6 months to the teeth of infants and children between the ages of 6 months and 5 years. Please discuss this recommendation with your physician.

IMMUNIZATIONS

1. Please notify the physician if your toddler has had a reaction to any previous immunizations.
2. Today, your toddler will receive:
 - A. Influenza vaccine, if available.
3. Acetaminophen in appropriate dosage for weight (18-23 lb, 120 mg; 24-35 lb, 160 mg) may be given as needed for fever, irritability, redness, or soreness at the injection site. Prolonged or severe reactions should be reported to the office.

NEXT VISIT: At 4 years of age.

Parent/Guardian must accompany child to all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com