

3 Year Old Visit



NUTRITION

In effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the 5-3-2-1-0 eating plan for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (other than reading/studies), have at least 1 hour of exercise daily and consume "zero" sweetened beverages. A multivitamin is needed to meet the Vitamin D requirement of 600 IU/day.

Allow your child to completely feed himself or herself. Many children at this age are picky eaters, but if you offer healthy foods at each meal, your child will get an adequate diet. Your child may need 2 nutritious snacks each day but remember not to let your child eat snacks if they are skipping or refusing the healthy foods offered to them at their mealtimes. Make mealtimes pleasant and avoid forcing foods.

SAFETY

- Start to teach your child his/her full name, parents' full names and phone number. Teach your child about strangers, and let him/her begin to understand the concept of "good touch/bad touch" (Bad touches are anywhere a bathing suit covers). Educate them about which persons would be appropriate to ask for help if they are lost. Teach them never to get into a stranger's car.
- Install a pool fence and alarm. Keep guns and ammunition locked up separately. Your child should understand water safety and should never be left unattended in or near water.
- If bicycling, teach them safety rules and insist on helmet use.
- Motor vehicle safety remains critical. Your child should sit in a forward-facing car seat with a harness until the maximum weight or height for that seat has been reached.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

TOILET TRAINING

Most children are ready and at least partially trained during the day. It is usually time for regular cloth undergarments. Regular toileting times and rewards for success are beneficial. Night time training is often acquired naturally as the child gets older.

IMMUNIZATIONS

We recommend yearly flu vaccines with the injectable flu vaccine or intranasal flu vaccine. If your child did not receive one today because we are not in the flu season, call us around September/October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized.

Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.

TEETH

Brush teeth twice daily with pea-sized amount of fluoridated paste. Start regular dental

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

visits.

DEVELOPMENT

At this age you may notice your child:

- Is learning to pedal
- Copies a circle
- Speaks in sentences and asks questions; is developing a good imagination.
- Counts to three; identifies colors/shapes
- Joins other children in play

PROMOTING DEVELOPMENT

- Continue to read to your child. Start pointing out letters and numbers. Early phonics can be started.
- Encourage drawing. By four, most can draw a square and face with some body parts. Have them trace letters.
- Encourage pretend play and cooperative play.

FOCUS ON FAMILY

- Family dinners help promote healthy eating, manners, and relationships.
- Good bedtime routines keep the child's sleep hygiene healthy and foster healthy adult relationships.
- Date nights and parent time alone will foster security in the child's perception of his world.
- Develop a sense of family pride with traditions and connection to heritage and extended family.

Next visit at 4 years old