PEDIATRIC HEALTH CARE

THREE YEAR	EXAM			
WEIGHT:	LBS	OZ.	LENGTH:	IN.
	%		%	

FEEDING:

Toddlers tend to be unpredictable eaters. They may prefer only 1-2 foods on 1 day, then eat the entire plate the next. Allow your child to have some choices (well-rounded, healthy choices) to give them some sense of control. Try to model well-rounded eating yourself. Enjoy family time at the table to make eating a positive experience. Try not to become too exasperated with your picky eater. Offer a chewable multivitamin and frequent well-rounded meals and snacks. With time, your child's appetite and eating behavior will balance out.

DEVELOPMENT:

Your child can hop, go upstairs/downstairs without support, kick a ball forward, throw overhand, and catch a ball most of the time. He/she should be able to draw a circle and cross and, ultimately, start tracing letters. In addition, your child will be speaking in sentences of 4-5 words and speak clearly enough for strangers to understand most of what he/she says.

At this age, your three-year-old should recognize at least 3 colors, follow 3 part commands, and be able to count to at least 3. You will notice more pretend play and dressing/undressing. Enjoy watching your child engage in story telling and become much more independent.

Many children enter into a 3-year preschool. Ask your neighbors and friends about reputable preschools in your area. If not preschool, think about some classes that will encourage your child to learn new skills and socialize.

IMMUNIZATIONS:

Catch up

SAFETY:

Now that your child is out of the crib, be sure that your child does not have access to any dangers at night while you are sleeping. Keep outside doors/windows locked, stairs blocked, and ensure that drugs/cleaning chemicals/sharp objects are out of reach. Think about fire safety in your home and your family's escape plan.

PROBLEMS:

TEMPER TANTRUMS: Consistency is key. Try to keep your child's day as routine as possible; nap times at the same time everyday, freq meals and snacks. Make sure that your child's rules are the same day to day and caregiver to caregiver. Once you make a rule or a promise, stick to it! Offer your child praise for when he/she is doing things right.

TOILET TRAINING: Keep this experience as positive as possible. Your child's potty training clock may be different than yours. Offer a routine time to sit on the potty at least once a day for

a few minutes (ideally, 30-60 minutes after a meal). Give praise/high fives for even attempting to go potty. Let your child establish some confidence and control. Pretty soon you will be done with those diapers. Bedwetting is related to your child's hormone maturity. If your child is dry through the day, but not at night, your child's body just might not be ready. Do not be frustrated. Just encourage that your child routinely use the toilet last thing at night and first thing in the morning. **SLEEP:** Be sure to have a routine bedtime. Try to discourage your child from getting out of bed frequently for peepee, drinks, books, etc. Make sure that all of his/her needs are met before you turn the lights off, then stand firm on the bedtime. Nightmares and Night Terrors are common at this age. If your child is upset/crying in the middle of the night, try to keep him/her calm. Use a soothing voice, keep the light dim, reassure him/her.

NEXT VISIT:

See you at 4 years of age.

Your child is a much better communicator now. Enjoy some one on one time telling stories and talking about their feelings. Open communication makes for long lasting relationships.