

Well Child Visit: 3 Years
General Pediatrics Department, Naval Medical Center Portsmouth
After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222
Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____ %) _____ pounds
Length: _____ cm (_____ %) _____ inches BMI: _____ (_____ %)

Caring for your growing child:

Dental Care: Help brush your child's teeth twice a day with a soft toothbrush and toothpaste. Use toothpaste containing fluoride. To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily. If your child has not seen the dentist, make an appointment now. If your child takes liquid medications, be sure to brush your child's teeth after giving the medication.

Stick to a bedtime routine: Create a consistent bedtime routine with a "wind down" time before bed. If your child wanders into your bedroom, quietly return him or her to bed.

Meal times: Offer three meals daily and healthy snacks in between if needed. Have your child sit in a chair or booster seat while eating. Encourage your child to use their own silver ware to feed him or herself. Eat dinner as a family whenever possible. Encourage conversation and good table manners. If your child is a picky eater, keep serving sizes small, and continue to offer a variety of foods- but not a separate menu for your child.

Toilet Training: Your child should be in the process of or will have completed toilet training. Occasional accidents, especially when your child is engaged in an activity, are normal. Toilet training is a slow process- praise success and do not punish accidents. Make sure to let your doctor know if your child has constipation, or hard stools, as this may make toilet training more difficult.

Self care: Although it is difficult, allow your child to be involved in their own self care. Be patient. Allow your child to try and get dressed on his or her own, brush his or her own teeth, make his or her own bed, and wash his or her own hands.

Playtime: It is important to allow your child to play with other children of the same age. Enroll your child in preschool, a play group, or just have another 3 year old over for a few hours of play. It is normal for children this age to have an imaginary friend.

Discipline: Be firm and consistent. Praise your child for good behavior and accomplishments. Provide chances throughout the day for your child to demonstrate good behavior. Avoid hitting, slapping and spanking your child. Use a three minute time out and then redirect your child to a new activity. Be consistent! All caregivers should agree on what is and is not acceptable behavior. Transitioning from one activity to another can be challenging- provide a warning so your child has time to "switch gears."

Sexuality education: It is normal for children this age to be curious about their body parts. Use the correct words when describing their body parts. Explain that certain body parts are private, and if someone asks to see or touch these private areas, to tell an adult, like mom, dad, a doctor or teacher.

School preparation: Read to your child EVERY DAY! Provide books for children to read, and read the same books to them. Read poetry and nursery rhymes. Encourage a child to repeat a story and discuss the ideas and events. Read titles and point to important words on pages, packages, and street signs. Your child can begin to learn numbers and colors at this age.

Television and media: Television is not a good babysitter or teacher. Do your young child a favor, and turn off the television, except for special programs. Limit your child's use of TV, movies, and computer games to 1-2 hours a day. Do not put a TV or DVD player in your child's bedroom. When your child does watch television, watch the program with them, and talk about what he or she is watching.

Smoking: Your child is watching you and learning from your behaviors. Set a good example and do not smoke. Remember as well, second- hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS, asthma and respiratory infections. Second-hand smoke lingers on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your child. For your child's health, if you smoke, consider quitting.

Development:

Gross motor skills: has an adult walking style; runs around objects; catches and throws a large ball; climbs a ladder; uses a slide independently; alternates feet when climbing stairs; rides a tricycle

Fine motor skills: copies a simple shape, like a cross or a circle; stacks nine blocks one on top of the other; begins to dress him or herself and tries to zip, button and snap their own clothes

Language and communication: knows his or her first and last name, age, and gender; has speech that is understood by strangers about 75% of the time; uses complete sentences; tells a story; uses prepositions and pronouns; asks questions- about everything! Nothing is sacred and some questions will stump you!

Social and emotional: follows simple directions; completes simple daily chores; makes a choice between two things; beginning to recognize other peoples feelings and emotions; enjoys playing with others briefly, but may still not be good at sharing

Safety:

1. **Falls and injuries:** Falls cause many injuries in mobile children. Begin to teach your child about safety rules of riding toys like scooters and bikes-ALWAYS wear a helmet. Begin to teach your child about being safe around roads and driveways. Teach your child about animal safety- especially dogs, who sometimes are afraid of small children.
2. **Burns:** Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Teach your child what to do if the fire alarm sounds. Do not leave a hot iron accessible with a dangling cord.
3. **Car accidents:** Your child should always ride in a properly-installed car seat, even on short trips. The safest place for the car seat is in the center of the back seat. Be a good example and always wear your seatbelt in the car. Never leave your child alone in the car, not even for "just a second."
4. **Sun:** Keep your child in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
5. **Drowning:** Never leave your child alone, or in the care of another small child, *in or near* a bathtub, toilet, bucket of water, swimming pool, or at the beach. Learn CPR. This is a good age to enroll your child in swimming lessons. Learning to swim, however, will not make your child "drown proof."
6. **Poisoning:** Many things can poison children. Watch out for garden and house plants, hair products and cosmetics, and gasoline, insecticides, and cleaning products.
7. **Stranger Safety:** Begin to teach your child about strangers. This is a good time to begin to discuss private areas on the body and safe touching.

Illness concerns:

- **Fever:** Fever is a common reason for bringing young children to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your child Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your child should be brought to the ER if he or she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, is working hard to breathe, is breathing quickly (more than 50 times per minute), is dehydrated, or for other parental concerns.

Your child's Tylenol dose is _____ mg or _____ ml of Children's Tylenol (160 mg/5 ml) every 4-6 hours

Your child's Motrin dose is _____ mg or _____ ml of Children's Motrin (100 mg/5 ml) every 6-8 hours

Immunizations

Your child's immunization schedule will be reviewed at this visit, but there are no routine vaccines at this visit. The Influenza vaccine is recommended for all children over six months of age during Flu season.

Next Visit

Bring your child in at 4 years of age for an exam and vaccinations. Always bring your child's immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.