

PHOENIX PEDIATRICS LTD

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Well Child Check (WCC) – Three (3) Year Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Nutrition

Mealtime should be a pleasant time for the family. Your child should be feeding himself completely on his own now. Buy and serve health foods and limit snack foods.

Development and Discipline

Children at this age often want to do things by themselves; this is normal. Patience and encouragement will help 3 year olds develop new skills and build self-confidence. Many children still require diapers during the day or night. Avoid putting too many demands on the child or shaming him about wearing diapers. Let your child know how proud and happy you are as toilet training progresses.

Your child is beginning to understand reasoning as their vocabulary increases. Sentences are becoming longer, but word pronunciation is mainly understood by parents. Curiosity and make-believe are trademarks of three year olds. Nightmares and bedtime fears occur at greater frequencies. Reassurance and understanding are usually all that is needed to help the child get over these times.

Three year olds like to play with other children. The three year old couples natural curiosity with their desire to do something with another person. The desire to socialize frequently results in difficulty getting the child to bed. Nightlights, drinks of water and trips to the bathroom are all ploys to be a part of the family social unit. Remember, be consistent.

Motor skills along with coordination are also improving. Children can usually run, hop, walk backward, climb stairs and kick a ball. Many children can pedal a tricycle. Fine motor activities are also increasing as drawing with crayons increase (watch your walls). You child could string beads if asked.

For behaviors that you would like to encourage in your child, try to "catch your child being good". That is, tell your child how proud you are when he does what you want him to do. Here are some good methods for helping children learn about rules and to keep them safe:

- Child proof the home. Go through every room in your home and remove anything that is valuable, dangerous or messy. Preventive child proofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say "no".

- Divert and substitute. If a child is playing with something you don't want him to have, replace it with another object or toy he enjoys. This approach avoids a fight and does not place children in a situation where they'll say "no".
- Teach and lead. Have as few rules as necessary and enforce them. These rules should be rules important for the child's safety. If a rule is broken, after a short clear, and gentle explanation, immediately find a place for your child to sit alone for three (3) minutes. It is very important that a "time-out" comes immediately after a rule is broken.
- Make consequences as logical as possible. For example, if you don't stay in your car seat the car doesn't go. If you throw your food, you don't get any more and may be hungry.
- Be consistent with discipline. Don't make threats that you cannot carry out. If you say you are going to do it, do it.

Preschool education programs usually start at this age – remember, this is not for every child – some children are not ready yet for these focused activities. School however, does give an opportunity for learning social skills.

Dental Care

- Brushing teeth regularly after meals is important. Think up a game and make brushing fun
- Make an appointment for your child to see the dentist

Car, Pedestrian and Play Safety Tips

- Never leave your child alone in a car
- Everyone in a car must always wear seat belts or be in an appropriate booster seat or car seat
- Hold onto your child's hand when you are near traffic
- Do not allow riding of a tricycle or other riding toys on driveways or near traffic.
- All family members should use a bicycle helmet.
- Practice crossing the street. Make sure your child stays right with you.

Fever or Pain

Offer _____mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and/or fever.

Next visit

A once a year checkup is recommended.