

# The Carithers Pediatric Group

## 3 year old visit

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Name: \_\_\_\_\_ Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### **Diet**

Allow your child to completely feed himself/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. Try to include the following in the daily meals: milk and milk products, meat, poultry or fish, vegetables and fruits, and starches such as pasta, rice or breads. 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 mealtime pleasant and companionable. Do not try to force foods.

### **Teeth**

Please brush teeth 2x/d. Your child should be taken to a dentist if he/she has not already gone. Ask your dentist about the need for a fluoride supplementation if your drinking water is not fluoridated.

### **Developmental/Behavioral Suggestions**

At this age, your child likely has a blossoming imagination which should be encouraged with lots of stories, make-believe, and role-playing. Read with your child daily and point out letters to encourage letter recognition. Some children can also begin learning phonics which are the sounds that the letters make. It is fun to practice this with your kids and will serve as the early precursor to reading. Encourage writing and drawing so that your child can learn to draw a square and a face with some body parts by age 4. A playground is fun at this age but remember it is a dangerous place and your child should always be observed while at the playground.

### **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. Continue to use a car seat or properly secured booster until your child has outgrown the booster and an adult belt fits correctly. This is when your child is between 8-12 years old and at least 56 inches. Limit TV watching to an average of 1 hour per day of appropriate programs. Watch the programs together and discuss them.

Remember to use sunscreen. **Poison Control Center: 1-800-222-1222.**

### **Discipline/Communication**

Parents must provide guidance and limits. However, they must not be too restrictive, as children should be encouraged to explore, learn, and express their own feelings. Praise your child for good behavior and accomplishments.

### **Immunizations**

We recommend yearly flu vaccines with the injectible 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 late September/early October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized.

**\*\*Next Visit** Please schedule your next well visit in one year.