

### 3 Year Well Visit

Weight \_\_\_\_\_(       %)

Length \_\_\_\_\_(       %)

#### **What to Expect:**

*Immunizations:* Influenza vaccine in the fall and winter, catch up vaccines if needed

*Screenings/Labs:* TB and Lead risk Assessment

#### **Feeding / Nutrition:**

Involve your child in preparing meals to encourage eating a healthy variety of foods (keeping knives safely put away, of course). Growing fruits and vegetables in a small garden with them is a great way to get them to try more foods. Avoid juice and sweetened drinks – water and milk are best. Try to encourage a serving of dairy 2-3 times/day, use whole grain breads and cereals, provide many different proteins including eggs, nuts, beans, and fish, and offer fruits and vegetables of all colors to get the nutrients required. Continue to be cautious of choking hazards such as whole grapes and nuts, and do not let your child run around while eating.

#### **Development:**

- Your child should be putting at least 3 words sentences together and speech should be understandable most of the time
- They should be starting to pedal a tricycle (with a helmet on!) and dressing themselves
- Your child should be able to copy a circle and may be recognizing many shapes and colors
- They should be interacting well with other children and be involved in pretend play and dress-up
- Your child will test their boundaries often at this age. Be consistent and reinforce rules and consequences. Allow limited choices. Ignore tantrums. Use time-outs or take away items causing problems. Do not spank or allow hitting as a form of punishment. Remember to use positive reinforcement and praise for good behavior as often as possible

#### **Safety Issues:**

- Keep your child in a forward facing five-point harness car seat in the back seat
- Never leave your child alone in the car, house, or yard, and require them to hold your hand in parking lots and near streets
- Your child may be getting more comfortable in water, but can still drown very quickly, even if they know how to swim- continue to always be within reach when they are near water or the pool and avoid distractions such as the telephone or electronics
- Keep poisons, medications, cleaning supplies and guns up high and locked

Notes: