



## Watching you grow!

Name: \_\_\_\_\_

Date: \_\_\_\_\_ BMI: \_\_\_\_\_

Weight: \_\_\_\_\_ %

Height: \_\_\_\_\_ %

Blood pressure: \_\_\_\_\_

## Well-child exam: 3 years

### Nutrition

- Your child should eat a variety of foods from all of the basic food groups and drink up to 16-20 ounces of skim milk a day.
- Limit fruit juice to 4-6 ounces daily and none at bedtime. Offer water as an alternative to juice.
- Offer him nutritious foods and let him decide what and how much to eat. You may find he eats a lot one day and very little the next.
- He may prefer the same foods day after day. Continue to offer a variety of healthy foods and model for your child how to eat them.
- Continue to serve three meals along with 2-3 nutritious snacks per day.
- He should be able to sit nicely at the table with the family. Drinking and eating should be less of a mess than they used to be.
- He should use utensils and drink from a cup.
- Avoid foods that cause choking, such as whole hot dogs, raw vegetables, nuts, hard candy and gum.
- Recommended Vitamin D intake is 600 IU daily. Recommended calcium intake is 700 mg daily.
- Teeth should be brushed at least twice daily with caregiver help. Use a pea-sized amount of fluoride toothpaste. Start flossing when two teeth surfaces touch.
- Your child should visit the dentist every six months.
- Food should be used as nutrition, not as a pacifier or distraction.

### Sleeping

- Most 3-year-olds sleep 10-12 hours at night.
- Many toddlers at this age stop taking naps and may become irritable when overtired. Earlier bedtimes may compensate for missed afternoon naps.
- If your toddler resists naps, a regular “quiet time” should be expected.
- Pleasant and predictable bedtime routines help promote good life-lasting sleep habits.
- Televisions or computers should **not** be used before bedtime. Televisions should **not** be in the bedroom or used to fall asleep.

### Wetting and stooling

- Allow your toddler to observe you using the toilet. Your toddler should start to sit on the potty chair with or without a diaper.
- Toilet training is a developmental process, like sitting or walking. You cannot make it happen. Girls tend to potty train before boys.
- When your toddler is ready, he will learn to use the toilet. Wait for his request.
- Your toddler may be ready to use the potty chair or toilet when:
  - He is dry for two hours
  - He knows the difference between wet and dry
  - He can pull his pants up and down
  - He wants to learn and can give a signal when he is about to have a bowel movement
- Be patient as he is learning. When leaving the house, pack extra clothes for any accidents. Do not punish him for accidents he may have.
- Constipation is common. Talk to your provider if your child is holding his stools in.

### Positive parenting

- Talk with and listen to your child.
- Encourage him to talk about topics of interest, such as preschool/day care, friends, activities, etc.
- Limit your child’s total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- Let your toddler feel part of the family by helping with dinner, setting the table, feeding the pet or putting away toys.
- Give choices when possible – “Blue pants or red?”
- Answer his questions regarding the differences in boys and girls in simple and honest ways using correct terms for body parts.
- Time outs (one minute per year of age) or removing the source of conflict are appropriate disciplinary actions.

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child’s provider for assistance in finding additional resources.*

## Illness

- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase the risk of infection from resistant bacteria strains.
- To prevent transmission of illness, keep your child home until diarrhea or fever has been gone for 24 hours or as directed by your provider.
- Family members should wash hands frequently.
- Be sure that your child's immunizations are up to date.

## Growth and development

Toddlers develop at their own rate. Your 3-year-old may:

- Alternate between crying and hitting and more "grown-up" behavior, such as assuming simple responsibilities like putting away toys, etc.
- Show fear of unfamiliar objects or activities
- Alternate mood quickly from shyness to glee
- Have imaginary playmates
- Enjoy hearing the same story repetitively and learning short rhymes and songs
- Start to identify primary colors and basic shapes
- Jump, run, kick a ball, walk backward and tiptoe, but still may stumble and fall frequently
- Name six body parts
- Ride a tricycle
- Undress himself, but need help dressing
- Continue language development. Your child should speak about 1,000 words by age 4.
- Can help set table and put dirty clothes in hamper.
- Separates easily from mom and dad.

Many children have a period of stuttering between ages 2 and 4. This usually is self-limited. Talk to your provider if the stuttering persists or if you have concerns.

## Safety

- **Do not** leave heavy objects or containers of hot liquids on tables within your toddler's reach.
- Turn handles toward the back of the stove. Keep your toddler away from hot stoves, irons, fireplaces, curling irons and space heaters.
- Use safety latches on drawers and cabinets and cover electrical outlets with protective covers.
- Remove hanging cords from window drapes and blinds. Toddlers can become entangled and strangle themselves.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your child's sight and reach. Keep garage areas safe also.
- **Never** leave your toddler in the car alone.
- When traveling by car, your toddler should be placed in an age- and size-appropriate car seat in the back seat.
- Supervise your child constantly whenever he is in or around a bath tub, pool, lake, river, ditch, well or bathroom. A locked fence with a self-closing, self-latching gate should surround a pool.
- **Do not** give your toddler plastic bags, latex balloons or small objects. Be aware of items that can cause choking; such as buttons, toy parts, batteries, coins or hard candies.

## Pediatrician-approved Web sites:

- www.aap.org
- www.blendcentralmn.org
- www.cdc.gov
- www.centracare.com
- www.childrensmn.org
- www.chop.edu
- www.ecbt.org
- www.healthychildren.org
- www.kidshealth.org
- www.helpmegrowmn.org
- www.parenting.umn.edu
- www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm



## Community resources:

### Child passenger safety seat inspections (free)

Call 320-229-5139 for an appointment or visit [www.buckleupkids.state.mn.us](http://www.buckleupkids.state.mn.us) for more information.

### Early Childhood Family Education

For classes about raising young children, contact your local school district.

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or 800-543-7709.

### Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call 320-654-1090.

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call 800-222-1222.

- Store knives out of reach and sight.
- If there are guns in the home, be sure that guns and ammunition are locked up and stored separately.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every two hours or according to manufacturer instructions. Toddlers should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent to skin and clothing to protect your child. (Avoid eyes.)
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every six months.
- Children in a bicycle carrier or safety seat should wear a bike helmet as well as you.
- Teach your child street safety and to be careful around strange dogs.
- Teach your child **not** to follow or go anywhere with strangers and to **not** allow himself to be touched by others in ways he does not like. Let him know it is OK for him to tell you anything.
- **Never shake your child.** If you become too upset, put your child in a safe place, such as a crib or bedroom, until you are calm. Call the clinic or 911 if you feel you may hurt your child.