

3 Year Well Visit

What your child may be doing now:

- Jumping with both feet off of the ground
- Starting to pedal a tricycle
- Can draw a person with two to four body parts
- Draws circles and lines or crosses and squares
- Begins to copy some capital letters
- Speaks in sentences of five to six words
- Speaks clearly enough for strangers to understand at least 75% of what they say
- Correctly names at least 3 colors
- Understands the concept of counting and may know a few numbers
- Knows his or her name, age and sex.
- Dressing and feed himself

Feeding:

- Offer your 16 to 24 oz of low fat milk daily
- Feed your child 3 meals daily plus 2 snacks. Try to have meals as a family
- Offer an appropriate portion and don't expect your child to clear the plate
- Offer a variety of healthy foods every day-even if your child does not like something the first time, keep trying!
- Offer food from all food groups and limit sugary snacks and juice
- If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Brush teeth with a soft toothbrush twice daily, using a fluoride containing toothpaste. Use no more than the amount of a grain of rice

- Children should have their first dental visit if they have not been yet.
- Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Reinforce good behavior and good choices
- Try to limit TV to no more than two hours per day.
- Read books to your child and talk about the stories.
- If your child is not yet potty trained, work on it now. Let your doctor know if you are having difficulty with potty training resistance.

Safety

- Use a car seat for every ride.
- Drivers can't see small children, so remember to hold hands in the driveway and parking lots
- Prevent drowning-supervise your child at all times when near water. Pools should be surrounded on all sides by a fence
- Never leave your child alone in the house, car or yard
- Use a sun screen with SPF of at least 30 whenever you are out.
- Childproof your home- cover electrical outlets; install latches on cabinets; keep cleaning products out of reach, etc.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number available: 1-800-Poison-1

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children during flu season (August through March)

When to call the office:

- Most toddlers get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the use of over-the-counter cold medicines for toddlers. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F for

more than a day, or you have other concerns.

- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Web Resources

- [Communication and your child](#)
- [Toilet training advice](#)
- [Learning and exploring](#)