

CMA 3 Year Well Child Visit

Development

What most children do by this age:

- Strings items together like large beads
- Puts on some clothes like pants/jacket
- Uses a fork
- Like to draw, paint, and tell stories
- Copy a circle
- Notices other children and joins to play
- Has back and forth conversation
- Asks who, what where, and why questions
- Says first name when asked
- Talks well enough for others to understand most of the time

Nutrition/Feeding

- May not have a big appetite
- Encourage 5 servings of fruits/vegetables per day, but never force to eat
- If picky eater provide healthy choices in small portions
- Give 16 oz of low-fat/skim milk or dairy equivalent per day
- Nutritious snacks; pudding, low fat ice cream, yogurt, graham crackers, fruit, oatmeal cookies
- Avoid high fat/high sugar foods
- Discourage juice; limit to 4 oz a day max
- Do not use food as reward or punishment

Hygiene

- Dental check ups twice a year.
- Brush teeth twice a day with small amount of fluoride toothpaste
- Nothing to drink except water after brushing at night
- Daytime bowel/bladder control may occur; nighttime accomplished later
- May bed wet again with stress or changes
- Teach girls to wipe front to back
- **Maintain good hand washing practices**

Sleep

- Encourage 10-12 hours at night
- May take 1 nap or rest period
- May resist going to sleep at night; give choices at bedtime to give sense of control, use night light, provide security object
- May experience nightmares/night terrors

*See CMA links page for more helpful health information: www.cmanva.com

Safety

- Always use car seat
- Never leave alone in the car
- **Safety proof home:** Keep medicines, chemicals out of reach; smoke detectors on every floor; fire escape plan; water temperature less than 120 degrees; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that toddler can not push out
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children
- Remove all small objects that toddler can choke on
- Avoid smoke in environment
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Use sunscreen SPF 15 or higher if outside for extended periods of time
- Never leave alone in tub or around containers of water such as toilets, wading pools, buckets
- Teach street safety and always supervise outdoor play. Introduce bike helmet.
- Child may not be able to distinguish between fantasy and reality

Stimulation/Activities

- Read to child every day
- Sing/dance/cuddle together
- Start teaching numbers, colors, letters, shapes
- Picture books, puzzles and sorting games
- Large crayons, paints, blunt scissors
- “cooking”—measuring and pouring
- Limit “Screen” time to less than 2 hours a day
- Take energy-releasing excursions to zoo, picnics, parks, playgrounds
- Provide opportunity to interact with peers

Discipline

- Reward good behavior
- No spanking or child may think it’s ok to use violence to solve problems
- Brief parent or child “time out” if necessary- - use one minute per year of age
- Avoidance and distraction works well too
- Consistency is essential--everyone in the family should have the same rules
- Be positive; “do” works better than “don’t”

Next Well Child Visit at 4 years old