

3 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____ B/P _____ P _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____ BMI: _____

Vitamins: _____ Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Development:

- Read books, sing songs, and play rhyming.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store
- As your child questions about the story or pictures. Ask him/her to tell a part of the story.
- Ask your child to tell you about his/her day, friends, and activities.
- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active as a family.
- Limit TV, video, and video game time to no longer than 1-2 hours each day.
- No TV in your child's bedroom.
- Keep your child from viewing shows and ads that may make him/her want things that are not healthy.
- Be sure your child is active at home and preschool or child care.

Family Support:

- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well – time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have regular playtimes and mealtimes together as a family.

Accident Prevention:

- Continue to use an approved car safety seat.
- Poison Control # 800-222-1222.
- Do not let your child play unsupervised around the street or driveway.
- Never leave your child alone in the car, house, or yard.
- Do not let young brothers and sisters watch over your child.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows.

Playing With Others:

- Playing with other preschoolers helps get your child ready for school.
- Give your child a variety of toys for dress-up, make-believe, and imitation.
- Help your child learn to take turns while playing games with other children.

Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and before bed.
- Use a pea sized amount of toothpaste with fluoride.
- Your child should visit the dentist at least twice a year.

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