

Norman Pediatric Associates  
Parent Handout 3 Year Visit

**Profile:** The 3 – 4 year-old will be showing some independence in making simple choices. He/she learns from trial and error and begins to understand right from wrong. He/she will still be unpredictable in some situations. His/her speech is now understandable, and your child will begin to negotiate decisions and choices. He/she begins to notice physical differences in boys and girls. Your child continues to be great explorers and to keep him/her safe; you need to develop strict boundaries. He/she thrives on praise.

**Feeding/Nutrition:** Your child continues to need three balanced meals a day. Include your child in meal times with the family. Mealtimes should be enjoyable and are a good time for talk. Turn off the TV or radio and decrease other external stimuli during mealtime. Offer a selection of different healthy foods and let them decide how much to eat. Your child should drink 16 – 20 ounces of skim/fat free milk a day. No sweetened drinks or chocolate milk. Give your child a multivitamin every day.

**Sleep/Bedtime:** Children at this age have active imaginations and may have many fears that may include night terrors. Changes in the child's environment or illness may be the trigger for sleep disturbances. Develop a consistent bedtime routine and schedule. Do not allow him/her to come into your bed at night.

**Safety:** Learn CPR.

Car: Keep your child in a car seat. Be sure your child's car safety seat is correctly installed in the back seat of all vehicles. There should be no more than a finger's width of space between your child's collarbone and the harness strap. Everyone should wear a seat belt in the car. Do not start the vehicle until everyone is buckled up. When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he/she is not run over.

Water: Your child needs to be watched continuously when around water. He/she needs to wear a life vest if boating or swimming. A sunblock of SPF 30 or greater needs to be applied 30 minutes before going outdoors.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for child's health. Make your home and car "no smoking zones". Your water heater should be set at less than 120° F. Test your smoke detector and CO detectors frequently and change the batteries. Keep your toddler away from the hot stove, hot liquids, fireplace, curling iron, lighters and space heaters. Always use sunblock SPF 30 or higher on your child when going out to play.

Strangers: Now is a good time to start teaching child stranger danger.

Bicycle/street: Your child should wear a helmet when riding on a seat on an adult's bike or when riding a tricycle. Teach child pedestrian safety skills, watch all play near streets or driveways. Cross the street with your child. Do not expect a 3-year-old to supervise younger children.

Poisons: Keep poisons, medications, and toxic household products out of reach and locked up.

Childcare: Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows. Never leave your child alone in the car, house, or yard. Lock guns unloaded with ammunition locked separately from the gun. We recommend putting triggers locks on all firearms.

**Teeth/Oral Health:** Teach your child to brush his/her teeth with a pea sized amount of fluoridated toothpaste. Your child should see a dentist at least every 6 months or as the dentist decides.

**Family and Child:** Take time for yourself and to be with your partner. Stay connected with friends and family. Be active together as a family. Have regular playtimes and mealtimes together as a family.

**Social skills:** Catch your child being good and praise him/her for that behavior. Be consistent with discipline and reinforce limits. Use time outs or take away what is causing the problem. Encourage your child to talk about childhood friends, pre-school, and activities. Make sure he/she is active at home and at daycare. Read books with your child and talk about a book's story and pictures. Ask your child questions about the story or pictures. Ask him/her to tell a part of the story. This helps foster language development. Practice reading everywhere you go such as reading signs in stores. Allow him/her to make some choices like which clothes to wear, books to read, toys to play with or places to go. Limit television, video, and video games to no more than one hour a day of programs suited for his/her age. Watch the programs with your child and discuss what took place on the show. Keep him/her from viewing programs which promote behaviors that are not healthy. No TV in your child's bedroom. Make sure your child has the opportunity to play with other preschoolers. Help your child learn to take turns while playing games with other children.

**Immunizations:** Today your child received the second Hepatitis A vaccine.

**Oklahoma Poison Control Center:**  
**(405) 274-5454 (OKC Area)**  
**1-800-222-1222 (state wide toll free)**

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