

Well Child Care at 3 Years Old

Diet

- Your child should eat with the family during mealtimes and be feeding him/herself.
- If you have well water, make sure your child gets fluoride from another source.

Development

- Most three-year-olds can help to get themselves dressed.
- Your child may be learning to copy shapes on paper.
- Your son or daughter's vocabulary is continuing to grow every day. Read stories and play interactive games to further build his/her vocabulary.
- Children at this age often want to do things by themselves. Patience and encouragement will help 3 year olds develop new skills and build self-confidence.
- It is important to help your child learn about rules and keep them safe.
- Start "time-out" for behavioral problems. Appropriate time-outs are one minute for every year of age (e.g., three minutes for a three year old).
- Some toddlers may be showing signs that they are ready for toilet training. Praise your child when they report to you that they have wet or soiled their diaper as they are becoming aware that they prefer dryness. Allow your child to watch you or other family members use the toilet. Be patient with your child and do not force using the potty when your child is not ready.
- Limit screen time (television, computer, video games) to less than one hour a day.

Hygiene

- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or washcloth.
- Brush your child's with children's toothpaste twice a day.

Safety

- Every time you take your child in the car he/she must be properly restrained in a car seat. Use an approved toddler car seat. Never leave your child alone in a car.
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- Never leave your child unattended.
- Remember to always use sunscreen.
- If you have guns, make sure they are locked up and out of reach. Store the ammunition separately from the gun.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency call 1-800-222-1222.

Immunizations

- There are no regular vaccines at today's visit, but some children may need catch-up immunizations.

Next Visit: Your child's next routine visit will be at 4 years old.