

WELL-CHILD VISIT



pediatrics

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Three (3) Years

Congratulations on making it this far.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

DEVELOPMENT

Daily Activities:

- In process/finished potty training
- Climb up and down stairs independently
- Can kick a ball
- Can mostly dress themselves
- Copies squares and circles
- Testing limits
- Rides a tricycle

Emotional:

- Tries to negotiate conflict
- Tests limits and questions everything – "Why?"
- Magical thinking

Social:

- Cooperative and imaginative play
- More willing to share
- Plays dress up
- More independent

Mental:

- Correctly names 3-4 colors
- Beginning to count
- Speaking in full sentences

FEEDING

Family meals continue to be important to your child. Allow your child to participate/"help" in the preparing of food and table. Keep the T.V. off and put tablets/phones aside during meals. Talk with one another. Practice using manners. Be sure to offer a wide variety of foods even to picky eaters. Stick with mostly water and 2% or whole milk; no more than 6 oz of juice per day.

TOILET TRAINING

It is important not to put too many demands on the child or shame your child about training. Be positive and encouraging with successful and even-tempered and be matter-of-fact. Continue at your child's pace—stay out of the way.

GENERAL GUIDELINES

- **Childproof your home.** Go through every room in your house and remove anything that is valuable, dangerous or messy. Preventative childproofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say no.
- **Teach and lead.** Say yes whenever possible, and when it's not, practice consistently with discipline and expectations.
- Books recommended: *1-2-3 Magic*
- Brushing teeth 2x daily.
 - No toothpaste until child capable of spitting.
- Time outs should be 1 minute longer than age. When time out is over, do not attempt to make your child "understand" what they did was wrong. Just allow them to reenter on their own.
- Consistency of schedule is important especially at around nap and bedtime routine.
- It's beyond time for the pacifier to be gone, just sayin'.



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YOUR NEXT VISIT:

You should return in one year. At that time, your child may receive Kinrix and Proquad immunizations.

SCREENINGS

- SWYC – 36 months

SAFETY TIPS

Avoid Burns and Fires

- Practice your fire escape plan.
- Check your smoke detectors. Replace batteries if necessary.
- Check food temperatures carefully.
- Never allow smoke near your baby.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Keep matches and lighters out of reach.
- Don't let your child use the stove, microwave, hot curlers or the iron.
- Turn the water heater down to 120°F (50°C)
- Never allow smoke around your child.

Car Safety

- Use an approved toddler car seat correctly.
- Sometimes toddlers may not want to be placed in car seats. Gently, but consistently, put your child into the car seat every time you ride in the car.
- Never leave your child alone in the car.
- Parents should always wear seatbelts.

Pedestrian Safety

- Hold onto your child when you are around traffic.
- Provide a play area where balls and riding toys cannot roll into the street.
- Always hold hands in parking lots.
- Swim lessons are fun, but children are not capable of truly independent swimming until 3.5-4 years old
 - ALWAYS watch when in water
- Teach your child not to climb on furniture or cabinets.
- Lock doors to dangerous areas like the basement.