

## Well-child check up: 3 years

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Immunizations received: \_\_\_\_\_

Next visit: \_\_\_\_\_ Immunizations needed: \_\_\_\_\_

Remember to bring your child's vaccine record with you.

### Nutrition

Your 3-year-old can sit nicely at the table. Eating and drinking aren't quite the mess they used to be. You may find that your child eats a lot one day and very little the next. You may also find your child prefers the same foods day after day. Continue to provide a variety of food with each meal.

### Toileting

Around age 3, children may be able to tell you when they need to go to the bathroom.

Most children reach daytime bladder control by now. Nighttime control of urine and bowel movements may take more time. Be patient and praise your child when he goes to the bathroom.

### Sleeping

Toddlers are usually sleeping 10 to 12 hours at night. Many 3 year olds stop napping in the afternoon. When this happens, bedtime may need to be earlier than it used to.

### Growth and development

Children develop at their own rate. At 3 years, children may:

- ride a tricycle.
- draw shapes and use crayons.
- be curious about body parts.
- know their full name and age.
- have imaginary friends.
- use sentences.
- learn to use pronouns (I, you, me).
- brush their teeth (you might have to check their brushing and help them floss their teeth).
- have more bladder control.
- follow instructions and make a game out of daily routines and tasks.
- be ready for preschool.

### Learning through play

Provide tools for learning and being creative: blocks, clay, crayons, finger paints.

### Safety

Continue to use a toddler or convertible car seat in the back seat until your child is at least 40 pounds. After outgrowing a convertible seat, children must use a booster seat until they are 4 feet 9 inches tall, and weigh 80 pounds.

**Never leave your child alone in a car**, even for a few minutes.

Turn handles of pans on the stove inward.

Store knives out of reach and sight.

It's best to keep all guns out of your home. If you must keep a gun, store it out of sight, unloaded, and locked up. Store ammunition in a separate locked place. Make sure your child does not play in a home where guns are not locked up.

Teach street safety rules.

Teach your child to be careful around strange dogs.

Use sunscreen (SPF 15 or higher) when your child is in the sun.

Talk about how to be safe. Teach your child to always ask you first before going with anyone.

Teach your child about respect for his body, including good and bad touch.

Keep the Poison Control number by the phone (1-800-222-1222).

Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

## **Positive parenting**

Listen to your children. Give answers to questions in a short, simple, and honest way.

Find a special time for just the two of you.

Give choices when possible (food, clothing, books, play activity).

Let your child feel a part of the family by helping out in any small way such as helping with dinner, clearing plates from the table, feeding the pet, or putting away toys.

Set good examples of behavior. Help your child express emotions verbally rather than through hitting, biting, or screaming.

Do not spank or yell. Tell your child what behaviors you expect. Give appropriate consequences for bad behavior, such as time outs. Be consistent when disciplining. See the booklet, *Positive Discipline*, available on our Website.

## **Preventing illness**

Make sure everyone in the family washes his hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

Your child will be tested for lead yearly until age six. Lead particles can be found in household dust and outside soil. To help prevent your child from swallowing lead, wash hands and face often, especially before eating or drinking.

## **When should I call the clinic?**

- temperature higher than 100.4° F for more than 4 to 5 days.
- if you are worried about your child
- trouble breathing – **call 911**

## Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

### **Resources at Children's of Minnesota**

Minneapolis clinic (612) 813-6107  
St. Paul clinic (651) 220-6700

**Family Resource Center** (health, parenting, and community resource library)

Minneapolis (612) 813-6816  
St. Paul (651) 220-6368

**Parent Warmline** (612) 813-6336  
(child development and behavior)

**Web site** [www.childrensmn.org](http://www.childrensmn.org)  
(includes information about visiting Children's, articles about illnesses, parenting information, and Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

## **Community resources**

**2-1-1 Phone Helpline** (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

**Child safety seat inspections** (free) (information about the nearest location) 1-866-SEAT-CHECK [www.seatcheck.org](http://www.seatcheck.org)

**Early Childhood Family Education** (classes about raising young children) Call your local school district.

**Early Childhood Special Education** (screening and services for children with developmental delay or disability) Call your county.

**Minnesota Tobacco Helpline** (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

**Poison Control Center**  
toll-free number: 1-800-222-1222

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