

RENAISSANCE PEDIATRICS, P.C.

3 Year Well Child Check

Development

Jumps, gallops, tiptoes, runs, walks backwards

Uses crayons with some control

Most primary teeth have erupted

Generally more relaxed than 2y/o

Tests limits constantly

Prefers playing alone, but may share

Speaks about 1,000 words in 3-4 word sentences.

Washes and dries hands & brushes teeth

Rides a tricycle & throws ball over-hand

Uses "please" & "thank you"



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

RENAISSANCE PROVIDERS

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- Show affection in your family and handle anger constructively
- Do not allow children to hit, bite or any other violent behavior
- Reinforce limits/appropriate behavior, caregivers should be consistent
 - Use time-outs (3 minutes) or remove source of conflict
- Give your child choices on what to wear, books to read and places to go
 - Help your children develop good relationships with each other

3 Year Well Child Check Cont.



Parents Points of Interest

Childcare

Or preschool is a great social opportunity for your toddler and can ease the transition to kindergarten.

Sunscreen

Use at least 30 spf and look for the active ingredient of Zinc Oxide or Titanium, these ingredients offer the best sun protection.

Hygiene

Teach to sneeze/cough into shoulder, also teach to wipe nose with tissue & then wash hands too.

Insect Repellent

DEET should be active ingredient, but no more than 30% is needed, bug spray is oil based and does not usually require reapplying over 8 hour period.

Vitamin D

All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.

Poison Control

Keep on hand in an easy to find location:

1-800-222-1222

Car Safety Seat Inspection Locator

www.seatcheck.org or
866-SEATCHECK
(866-732-8243)

Language

- Limit television and video viewing to no more than 1-2 hours a day
 - Read books, sing songs and play rhyming games
- Question your child about a story and let them tell their version
- Encourage your child to talk with you about friends, preschool, etc.

Social

- Encourage you child to play with age appropriate toys
- Provide opportunities for safe exploration of the world around your toddler
- If not in preschool, make sure play with others the same age is available
 - Encourage interactive games to help understand taking turns

Physical Activity

- Create opportunities for the family to share time and exercise together
 - Promote activity in safe environment at home and in preschool
 - NO TVs IN THE BEDROOM!!!

Safety

- Watch child consistently when near water, do not expect siblings to supervise
 - Your child needs a helmet for riding tricycle, bike and/or scooter
- Make sure smoke detectors work & keep lighters/matches out of sight
- Do not allow play near street, and child is not ready to cross street alone
 - Windows with easy access should be kept locked
- Guns should remain locked with ammunition in separate location locked

Nutrition

- Strive for five fruits and vegetables every day
- Kids should get 16-24 ounces of dairy a day and no sweetened drinks

For additional information on these and more topics visit: www.renaissanceped.com