



Until next visit:

Your three year old will continue to surprise you at every turn over the next year! His motor skills will continue to improve as his muscles mature. Children should not be inactive for more than 60 minutes at a time except when sleeping. Limit "screen time" to no more than 1-2 hours per day and monitor the programs she watches-remember that commercials strongly influence even young children to want things that are not healthy for them. Encourage imaginative play and spend time alone with your child doing something you both enjoy. Read to your child often, asking questions about the story or pictures. Most of all, enjoy every day together!



Children's Tylenol dose:

_____ tsp
every 4-6 hours

Children's Motrin dose:

_____ tsp
every 6-8 hours




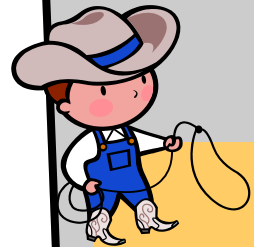
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**BATON ROUGE CLINIC
PEDIATRICS**



THREE YEARS



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Development

Your three year old has changed much since his/her last well visit! He should now be able to jump in place, kick a ball, and balance on one foot for one to three seconds. She can pedal a tricycle, alternate feet while climbing up stairs, and open doors independently. He should be able to draw a straight line on a paper and, in the next few months, be able to copy a circle and eventually a cross. She should be able to feed herself well, can wash and dry her hands, and can put on some clothing by herself. Your child's speech should be at least 75% intelligible. He should give his full name, knows his age and sex and should be starting to recognize colors and count to three. She should also be able to understand prepositions such as "on" and "under", and adjectives such as "bigger" and "smaller". He should soon begin to understand the "use" of objects (What do you do with a spoon?), the "definition" of objects (What is a car?), and the action occurring in a picture (What are the children doing in this picture?). Begin to offer your child simple choices (The flowered or the polka-dot dress? Peanut butter or turkey?). Help her learn to share and take turns by encouraging play with peers. Your child may have a natural curiosity about where babies come from and the difference between boys and girls. Answer his questions honestly and simply, using correct anatomical names, and simple explanations.

Nutrition

Try to ensure that your sometimes picky eater is getting a balanced diet, but remember that this can be difficult to do in one day. Avoid junk foods and carbonated beverages and set a good example by eating the right foods with your child. (We want you to be healthy, too!) Place a small amount of each food served on her plate, let her feed herself, and let her ask for seconds if appropriate. He should be drinking low-fat or skim milk. Your child may still need a multivitamin.



Fluoride is still essential for healthy teeth. Use a smear of fluoridated toothpaste. Continue to assist in tooth brushing and encourage spitting, not swallowing, toothpaste. Plan your child's first dental visit soon.

Sleeping

Most three year olds will still need a one to two hour nap each afternoon. Your child should be ready for bed around 8:00 pm, as he still requires about 12 hours of sleep per day. Remember to keep your bedtime routine as consistent as possible and avoid falling for their devious plots to delay bedtime!

Immunizations

Your toddler should have completed the primary series of all recommended vaccines at this time, but we will complete any that are missing today. The **flu vaccine** is recommended annually for **all** children. Ask about the intranasal flu vaccine for pain-free flu protection!

Safety

Accidents are still the leading cause of death in children. Proper auto restraints should be used at all times in the car- parents, too! At three, your child should still be in a five-point harness car seat for every trip. When your child is 40 pounds *and* 42 inches in height, you may change him to a belt-positioning booster seat. Never allow your child to ride in the front seat. By placing your child only in the rear seat, you will reduce your child's risk of death in a car accident by another 30%! Gun safety awareness is extremely important at this age. If you must keep a firearm in your home, it should be locked securely away, unloaded, from curious children. Water safety is of utmost importance and by three your child can learn some swimming techniques. This is never a substitute for constant vigilance. Never allow your child to ride on a lawn mower or tractor- fatal or devastating injuries occur even with a responsible adult at the wheel.

Toilet Training

Most children are bladder trained and dry in the day, but may still have accidents at night. Bowel movements are often harder to train, so be patient if your child has not yet mastered this.

Constipation is often an obstacle to bowel training, so if he/she is having difficulty with hard, painful bowel movements, or holding stool, discuss this with us as soon as possible so we can help correct it.