



Well Child Visit
3 YEARS

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Parent Tips

1. Expect your child to ask MANY questions. Nothing is sacred and some questions will stump you.
2. Discipline should be firm and consistent, but loving and understanding. Praise your child for good behavior and accomplishments. Provide alternatives. Avoid power struggles. Avoid slapping, spanking or yelling; your child will learn to do as you do. Use time-outs for 3 minutes (one minute for each year of life). Don't threaten jokingly; 3-year-olds cannot usually tell the difference.
3. Maintain a relaxed, unpressured attitude about toilet training. Praise success and don't punish for accidents. Remember that toilet training is a slow process and some children do not develop complete bladder and bowel control until 3-5 years old.
4. Playmates are important, so allow your child to play with peers. 3-year-olds are usually quite social. Enroll your child in preschool, a play group, or just have another 3-year-old over for a few hours. It is normal for children at this age to have imaginary friends.
5. Limit TV viewing in both time and content. Watch children's programs with your child when possible. Turn the TV off during meals.
6. Have your child do small chores like picking up toys.
7. Encourage your 3-year-old to make choices whenever possible, but the choices should be limited.
8. Don't worry if your child becomes curious about body parts, especially genitals. This is normal at this age. Use correct terms for genitals.
9. Read to your child.
10. Teach your child his/her full name, address, and phone number.
11. Remember to take time for yourself.

You can expect your child to:

- Name at least one color
- Know his/her name
- Begin to use pronouns
- Put on his/her own shirt
- Ride a tricycle
- Stand briefly on one foot
- Open doors
- Have speech that is approximately 75% understood by strangers. There may be temporary episodes of stuttering.

Feedings

1. Appetite may be a little better than a few months ago, but normally still not as much as most parents think.
2. Offer a variety of nutritious foods, but don't force them or try to please them with empty calories like cookies and chips.
3. Limit juice to <8 oz/day.
4. Eat dinner as a family whenever possible. Introduce proper table manners and encourage family conversation.

Sleep

1. Have your child taken an afternoon nap.
2. Have a consistent bedtime routine with a "wind down" time before bed. This is an excellent time to read a book.
3. Nightmares can wake a child up from sleep. Reassure him/her and put back to his/her own bed.
4. Fears of the dark, thunder, etc. are common at this age.

5. “Staling techniques” are common at bedtime and naptime, such as “I have to go potty.” Be reasonable, but be firm when putting your toddler to bed.

Dental

1. Take your child to see the dentist.
2. Assist your child with brushing twice a day.
3. Fluoride supplementation should continue through 16 years old. Using fluoridated toothpaste or fluoride liquid drops provides appropriate protection.
4. Limit juice and sweets.

Safety

1. **Falls and injuries:** Continue to maintain a watchful eye and protect your child from indoor and outdoor hazards. Teach safety rules on trikes, bikes, and scooters; insist on helmet use. Always supervise your child when playing near streets and driveways. Trampolines are not recommended because of the risk of serious injury. Teach your child to be careful around dogs.
2. **Car accidents:** Continue to use a car seat secured in the back seat until 40lbs and 4 years of age. Never leave your child alone in the car.
3. **Burns:** Teach your child the meaning of “hot.” Turn handles of pots/skillets away from the edge of the stove. Don’t leave appliance cords dangling. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Use hats, sunglasses and waterproof sunscreen (SPF 15 or greater). Avoid sun between 1000 and 1500 when the sunrays are the most dangerous.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby’s health, if you smoke, consider quitting.
6. **Drowning:** Enroll your child in swimming lessons. But remember even if your child knows how to swim, he/she still needs to be watched closely around water. Learn CPR.
7. **Poisoning and choking:** Keep poisons and medicines locked and out of reach. Never store poisons in a food jar or soft drink bottle. Ensure that plastic bags and deflated balloons are inaccessible as they can cause suffocation.
8. **Guns:** If you must have them, keep them unloaded and locked out of site. Keep ammunition in a separate location.
9. **Strangers:** Teach your child not to talk to strangers.

Immunizations:

1. Typically, there are no routine immunizations at this visit.
2. Annual flu vaccinations may be recommended for susceptible children, especially those with asthma. Check with your provider.

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

Next Visit

Bring your child in at 4 years of age for an exam and vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.