

Pediatric Associates
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3 YR WELL CHILD CHECK

DATE _____ WT _____ HT _____

DIET

- growth is slow, appetite fluctuates; offer small amounts of simple and nutritious snacks
- minimize mealtime conflicts; dinner usually smaller than breakfast or lunch
- enjoy family time together at meals
- encourage tooth brushing; supervise until age 6yrs

DEVELOPMENT

- knows the alphabet song and can count
- motor coordination in improving
- most can jump, kick a ball, pedal tricycle, put on some clothes, copy circle or triangle
- pretend play and imagination very common
- give brief answers to the endless questions
- singing, listening to music, playing with sand and water activities
- provide crayons and colors, puzzles
- speech mostly understandable to most people

GUIDANCE

- limit and monitor TV watching
- NO TV IN THE KID'S ROOM
- may not need naps anymore
- not all kids toilet trained by this age
- continue with consistent discipline techniques
- sexual curiosity may arise, but questions come slowly; answer them briefly, clearly and simply
- READ TO CHILD DAILY

SAFETY

- helmet use with tricycles and bicycles
- frequent lessons on street safety, animal safety, and water safety; may start swimming lessons if haven't already
- car seat until at least age 4yr and 40#
- teach child not to follow strangers and to tell an adult if someone touches them in their genital area