



3 Year Well Child Check

Expected Developmental Milestones

- Shows affection for friends without prompting
- Takes turns in games
- Shows wide range of emotions
- Follows instructions with 2 or 3 steps
- Knows name, age and sex
- Can speak multiple sentences
- Most words are understandable
- Recognizes 3 of 4 colors
- Runs easily, can pedal a tricycle
- Builds a tower of more than 6 blocks

Safety

- Use a forward-facing car seat in back seat
- Never leave your child alone in the car, house or yard
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately. Ask if there are guns in the homes where your child plays
- Supervise near streets and driveways
- Have child wear a good-fitting helmet on bikes or tricycles
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

Med Dosing

<i>Weight</i>	<i>Children's Motrin (every 6-8 hours as needed)</i>	<i>Children's Tylenol (every 4-6 hours as needed)</i>
24-35 lbs	5 mL (1 tsp)	5 mL (1 tsp)
36-47 lbs	7.5 mL (1 ½ tsp)	7.5 mL (1 ½ tsp)

Play

- Encourage play with other preschoolers to help get your child ready for school
- Give child variety of toys for dress-up, make-believe and imitation
- Help your child learn to take turns while playing games with other children
- Limit screen time to 1 hour or less per day
- Be active together as a family
- Read books, sing songs and play rhyming games each day
- Ask your child questions about the story or pictures; ask him to tell a part of the story
- Ask your child to tell you about his day, friends, activities
- No TV in child's bedroom

Behavior

- Praise good behavior
- Allow child the chance to make choices
- Show your child how to handle anger well – time alone, respectful talk, or being active
- Stop hitting, biting and fighting right away
- Reinforce rules and encourage good behavior
- Use time-outs or take away what's causing a problem

No Immunizations due at this visit

Next Well Child Visit: 4 years old

Helpful Resources:

- www.healthychildren.org
- www.childcrisisaz.org
- Poison Help: 1-800-222-1222
- Birth to Five Helpline:
1-877-705-KIDS (5437)