

# 3 Year Checkup

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

BMI %: \_\_\_\_\_



*“I encourage my child to try new foods by offering small amounts to taste. I don't insist that she eat it, but make a game out of her trying it just once.”*

– Kaiser Permanente member

## Your child may be ready to ...

- jump or ride a tricycle
- know his or her name, age, and sex
- copy circles and crosses
- dress and feed him or herself

## Eating

- Make meals a family time. Talk with your family at mealtime with the TV off.
- Avoid foods that may cause choking (whole hot dogs, nuts, chunks of meat, cheese, peanut butter, whole grapes, hard or sticky candy, popcorn, or raw vegetables).
- Juice is not recommended. If you do give your child juice, limit it to no more than 4 to 6 ounces in a day, served in a cup, not a bottle. Make sure the label says “100% whole fruit juice.” Do not give your child soda or other sweet drinks.
- Offer your child a variety of fruits and vegetables daily.
- Serve nutritious foods. Even if your child doesn't seem to like them at first, keep trying!
- Do not bribe your child using food as the reward.

## Healthy habits

- Help your child brush his or her teeth every day using a “pea-size” amount of toothpaste (with fluoride).
- Limit screen time (TV, computers, and video games) to 1 - 2 hours a day. Check TV programs to be sure there is no violence or sex.
- Don't smoke! Smoking around your child increases the child's risk for ear infections, asthma, colds, and pneumonia. Talk with your doctor or contact your local Health Education Department if you would like to quit smoking.

## Safety

- **Use the car seat for every ride.** Continue to use a forward-facing car seat with a harness for every ride. Make sure the seat is properly installed in the back seat. Keep your child in a forward-facing car seat until they reach the highest height or weight limit allowed by the seat's manufacturer.
- **Prevent poisoning.** Keep cleaning products and medicines out of your child's reach in locked cabinets. Make a note of the Poison Control Center number: 1-800-876-4766.
- **Prevent falls.** Put locks or guards on all windows that are above the first floor.
- **Prevent drowning.** Keep a close watch on your child at all times when he or she is near any kind of water.
- **Reduce the risk of lead poisoning.** Tell your doctor if your child spends a lot of time in a house built before 1978 that has chipped or peeling paint or that has been recently renovated.
- **Pet safety.** Never leave your child unattended with any animal, even family pets. Always closely supervise play with pets. At this age kids are naturally curious and get excited easily. Teach your child to pet gently and wash hands (yours and your child's) after playing or cleaning up after pets.

## Parenting

- Read stories to your child every day. One way children learn to read is by hearing the same story over and over.
- Play games, talk, and sing to your child every day. Show affection.
- Assign simple chores.

## If your child resists potty training

### *Potty training refusal*

- Any child over 3½ years old who resists potty training after several months of trying is probably not ready.
- Signs of refusal include wetting or soiling themselves, trying to hold back bowel movements, and constipation.
- Frequent reminding, lecturing, nagging, or punishment can make matters worse.
- Your child will learn to use the toilet when ready.

### What you can do

- *Let your child decide when to potty train.* Your child will decide to use the potty after realizing that there is nothing left to resist. Have one last talk about potty training. Tell your child that the body makes “pee” and “poop” every day, and that it wants to go in the toilet. Ask your child to “help the poop get into the toilet.” Tell your child that, from now on, he or she doesn’t need help. Then stop all talk about potty training. Keep your child in diapers to take away the anxiety (not as punishment or to cause embarrassment).
- *Stop all reminders and punishment.* Let your child decide when to use the bathroom. Punishment only delays potty training.
- *Give praise and rewards.* Give praise, smiles, hugs, and kisses for any success. Rewards can include toys, stickers, or a trip to the park. Sometimes it helps to have one big reward (such as a special toy) that must be earned by using the toilet every day. Keep this toy in a place that can be easily seen. Place stars on a calendar to keep track of your child’s success.

The information presented here is not intended to diagnose health problems or to take the place of the information or medical care you receive from your child’s health care professional. If your child has persistent health problems, or if you have additional questions, please consult your child’s physician or other health care professional.

- *Treat constipation.* Some children will hold on to bowel movements while learning to potty train. This can lead to constipation (hard bowel movements), which can be painful and can make the child hold on to bowel movements even more. If this happens, stop all potty training. Put your child in diapers at naptime and bedtime. Give your child natural fiber, such as bran muffins and granola bars, or give prune juice to help soften bowel movements. Make sure your child drinks water throughout the day. Talk with your child’s doctor if this does not work.

### Feeding children 3 to 5 years old

#### *A balanced meal plan consists of:*

- Fruits at least two to three times per day.
- Vegetables at lunch, dinner, and as snacks.
- Whole grains at every snack and meal (oatmeal, breads, low-sugar cereals, tortillas, noodles, crackers, brown rice, etc.).
- Nonfat or low-fat dairy products, including milk, yogurt, and cheese – at least two servings a day.
- Protein foods twice a day (lean meat, poultry, fish, eggs, or legumes such as dried beans, peas, lentils or soy products).

#### *Help your child get the best possible nutrition.*

- Serve healthy foods more often. Cut back on the amount of fast food your family eats. (It tends to be high in fat, salt and extra calories.) Restrict candy, chips and other junk foods.
- Offer water when thirsty. Limit juice to no more than 4 - 6 oz. per day. Look for 100% whole fruit juice. Do not serve soda or other sweet drinks.
- Read labels when you go shopping. Choose healthy snacks that are low in sugar, fat, and salt.

#### *Healthy snacks include:*

- Low-sugar cereal and low-fat milk
- Crackers (saltine, graham, whole grain)
- Peanut butter (smooth only, spread thin)
- Small sandwiches on whole wheat bread
- Fruit (fresh or dried; cut up, pitted)
- Yogurt
- Cereal bars
- Vegetables (well cooked, diced)
- Fish (canned tuna, salmon, sardines)
- Grated cheese (Cubes can be a choking hazard.)

### Other resources

#### Web Sites

Kaiser Permanente  
[kp.org](http://kp.org)

American Academy of Pediatrics  
[healthychildren.org](http://healthychildren.org)

National Highway Traffic Safety Administration  
[nhtsa.org](http://nhtsa.org)

Bright Futures  
[brightfutures.org](http://brightfutures.org)

Preventive Ounce  
[preventiveoz.org](http://preventiveoz.org)

#### Books

*Child of Mine: Feeding with Love and Good Sense* – Satter  
*Temperament Tools* – Neville  
*123... The Toddler Years* – Van De Zande, et al.  
*Your Child’s Health* – Schmitt

**Contact** your local Health Education Department or Center.

## Please share

*this handout with anyone who takes care of your child.*



The next checkup is when your child is 4–5 years old.



Your child may get immunizations (shots) at the next visit.