

WELL CHILD: THE 3 YEAR OLD (1 OF 2)

VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE
<https://www.vmfh.org/our-services/primary-care-in-person-and-virtual-care/pediatric-care>

Name _____ Weight _____
Date _____ Height _____
BMI (body mass index) _____
BP _____ / _____ HR _____
Vision: R _____ / _____ L _____ / _____

NUTRITION

- Balance food groups, encourage and praise when trying new things.
- Eat together as a family, with no TV. Model healthy eating and exercise habits.
- Give a vitamin D supplement (600 IU per day) if your child takes less than 16 oz. of milk per day. Avoid giving more than 24 oz. of milk per day; offer water instead between meals. Avoid juice and sweetened drinks.

HYGIENE

- Continue regular dental visits. Brush your child's teeth twice daily. A pea-sized amount of fluoridated toothpaste may be used. If your child drinks non-fluoridated water, ask me about fluoride supplements.

DEVELOPMENT

- Jumps, alternates feet when ascending stairs, dresses self. Speech is mostly intelligible to strangers. Help your child with his/her chores. Keep chores fun now and your child will be more likely to help later.

SLEEP

- Napping often stops but dedicated quiet or rest time is still helpful. Keep TV out of the bedroom.

GUIDANCE / SAFETY

- Keep knives, scissors, and other sharp implements out of reach.
- If there are guns in the home, lock them and store ammunition separately under separate lock. Talk to your children about gun safety.
- Begin stranger training. Teach your child not to accept food, rides, or help from people you do not know. Begin teaching phone numbers and parents' names. Identify the helping and "safe" strangers when you are out in the community.
- Continue using a car seat with harness until your child is ready for a booster seat (at least 4 years or 40 lbs.)
- Consider a playgroup or preschool. Explain and discuss feelings and consequences. Be respectful; allow decision-making.
- Make sure your child always wears a helmet when biking or scooting. Keep screen time (TV, video, computer) to less than 1 hour a day.
- Teach your child about your home fire response plan, meeting location, and how to get out.
- **In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1(800)222-1222.** Do not use syrup of ipecac. Visit poison.org for more information.
- If you need assistance, helnegrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.

TESTS TODAY

- Vision: Accurate vision screening for each eye, one at a time, at age 3, is important to detect conditions which, if left untreated, may cause permanent, uncorrectable vision loss. Visit preventblindness.org for more information.

IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at www.vmfh.org.
- We recommend influenza vaccination every year for all infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information and visit www.vmfh.org every fall for flu vaccine clinic information.

WELL CHILD: THE THREE-YEAR-OLD (2 OF 2)

VIRGINIA MASON MEDICAL CENTER – PEDIATRICS AND ADOLESCENT MEDICINE

Acetaminophen (Tylenol)

Child's weight	Infants' or Children's suspension (160 mg/5 mL)	Children's chew tab (80 mg each)
18–23 lbs	3.75 mL ($\frac{3}{4}$ tsp)	
24–35 lbs	5 mL (1 tsp)	2 tablets
36–47 lbs	7.5 mL (1 $\frac{1}{2}$ tsp)	3 tablets

Acetaminophen may be given every 4 hours but not more than 4 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child's weight	Infant drops (50 mg/1.25 mL)	Children's suspension (100 mg/5 mL)	Children's chew tab (50 mg each)
18–23 lbs	1.875 mL	3.75 mL ($\frac{3}{4}$ tsp)	
24–35 lbs	1.25 mL + 1.25 mL	5 mL (1 tsp)	2 tablets
36–47 lbs		7.5 mL (1 $\frac{1}{2}$ tsp)	3 tablets

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please make an appointment when your child is 4 years old.
- If your child was unable to do a vision screening today, please make an appointment to return in 2 months and try again.

BOOKS / RESOURCES

- *Positive Discipline for Preschoolers* by Jane Nelsen, Ed.D., Cheryl Erwin, M.A., and Roslyn Duffy
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- *Raising an Emotionally Intelligent Child* by John Gottman, Ph.D.
- *Normal Children Have Problems Too* by Stanley Turecki, M.D.
- *How to Get Your Kid to Eat But Not Too Much* by Ellyn Satter
- *Playful Parenting*, by Lawrence Cohen
- *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, by Laura Markham