

# The Pediatric Center

Boulder, CO

303-442-2913

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Name: \_\_\_\_\_

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

## TODAY'S MEASUREMENTS

Height \_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Weight \_\_\_\_\_ pounds \_\_\_\_\_ ounces  
( \_\_\_\_\_ percentile)

BMI \_\_\_\_\_ ( \_\_\_\_\_ percentile)

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_ mm Hg

## IMMUNIZATIONS

Hepatitis A

Influenza

Possible vaccine side effects are rare but may include:

- Fever
- Redness or swelling at the site of the shot

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

**Next Visit:** 4 years of age

## 3 YEAR VISIT

### DEVELOPMENT

All kids develop at their own rate. At this age you may notice that your child:

- Climbs up and down stairs
- Jumps off the floor with both feet
- Balances briefly on one foot
- Pedals a tricycle
- Eats on his or her own
- Washes and dries his or her hands
- Copies a circle
- Unbuttons clothes
- Says more words
- Describes actions in books
- Speaks in sentences and asks questions
- Knows his or her name, age and gender
- Counts to three or higher
- Joins other children in play
- Starts to take turns and share
- Starts to know the difference between boys and girls

### NUTRITION

By now your child should no longer be using bottles. Keep offering your child different foods even if he or she is picky. It can still take 10 to 15 tastes of a new food before your child will accept it. It is normal for your child to eat a lot of small meals and be less hungry.

- Have your child sit for meals. Let him or her feed themselves.
- Offer mostly table foods. Do not give your child small, hard and round foods that he or she can choke on such as nuts, popcorn and whole grapes.
- Limit juice to no more than four ounces a day.
- Do not give your child more than 24 ounces of milk a day, serve other calcium-rich foods such as yogurt and cheese daily.

### DISCIPLINE

With your child able to say more words, he or she may bargain with you often- "One more story, then I'll nap", for example. Keep consistent rules and limits. Remember you are the one in charge.

- Do not let your child hit or bite.
- Stop hostile behavior from your child and talk about how those actions affect other people.
- Teach your child how to say sorry.
- Time outs are still a good tool at this age, but do not use them too often. You should have other ways to teach your child how to act, such as modeling good behavior.

## FOCUS ON FAMILY

- Make time for the whole family to be together. This may include mealtimes, bedtimes and family vacations. Be sure to also make time for you and your partner to be together without your children.
- Encourage your child to explore, do things on his or her own and tell you what he or she wants. Children learn self-respect and love when they feel that their ideas are important to you. Have your child tell you about his or her friends and activities at school. Listen to what your child has to say.
- It is common for changes to happen during this year such as starting preschool or having a new brother or sister. Have patience as your child adjusts. If you have trouble, talk with your doctor.
- If you let your child have screen time, limit it to less than 1 hour a day and use devices or watch together. Do not have screen time during mealtimes and keep screens out of your child's bedroom.

## SAFETY

- Check the height and weight limits on your child's car seat. Rear-facing is safest. Use a seat with a five-point harness until your child exceeds the height and weight limits. Children who weigh more than 40 pounds may use a high-back booster seat after age four, but must be able to sit properly for the entire trip. Children should use booster seats until they are four foot nine inches tall.
- Never leave your child alone in the car, house or yard.
- Keep an eye on your child when he or she is near streets. Teach your child to not follow pets or balls into the road.
- Teach your child about boundaries and let them know no one has the right to touch them or make them feel uncomfortable. Use proper names for all body parts. Remind your child that they won't get in trouble for talking to you, no matter what they have to say.
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets and other hazardous materials are locked away, out of your child's reach.
- Put a hat on your child and apply sunscreen with at least SPF 30 when he or she is outdoors.
- Have your child wear a helmet when riding a tricycle, bike, scooter, or other ride-on toy, and when skiing.
- Teach your child to not go with strangers or take anything from them.
- Tell your child not to go near dogs without asking you first.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator: 1-800-222-1222

## SLEEP

- Your child may stop napping during the day.
- If your child has bedtime fears, talk about them and remind him or her that you are nearby. Respond to nightmares right away and comfort your child.
- Avoid responding to "curtain call" behavior from your child that keeps him or her from going to sleep—such as asking for water or many good night hugs.

## PROMOTING DEVELOPMENT

- Listen to and respect your child. Expect others to do as well.
- Help your child talk about their feelings.
- Watch how they respond to new people or situations.
- Think about enrolling your child in preschool. This can help build learning and social skills such as sharing and taking turns. If your child is not in school, give him or her chances to play with other kids.
- Encourage daily exercise by taking your child to the playground or park.
- Supervise as your child eats, bathes and dresses, but let your child do more on his or her own.
- Keep reading to your child daily. Let him or her tell you the story. Visit the library together.
- Encourage your child to play with toys. Expect more creative and fantasy play at this age.
- Help your child brush their teeth twice a day. Use a dab of fluoride toothpaste smaller than a grain of rice until your child can spit out the paste and not swallow it. Take your child to the dentist twice a year.
- Speak to your child slowly, clearly and in adult language. Stuttering is common at this age and often clears on its own. Do not draw attention to it or speak for your child. If you are concerned, speak with your doctor.
- Masturbation is common. Let your child know he or she should do this in private. Be matter-of-fact and do not punish your child for this behavior.