



3 Year Well Visit

H: _____ %: _____ W: _____ %: _____ BMI: _____ %: _____

Nutrition & Activity: Skim or 1% milk and water are best. A child’s palm is their portion size; aim for 3 bites of healthy components per meal. Avoid sugary foods. Limit screen time to less than 1-2 hours a day.

Toilet Training: Average age for girls is 2.5, boys 3.5 years. Watch for readiness signs: dry >2 hours, awareness of being wet, can help pull pants up/down, Motivation.

Development: Can throw overhand, balance on 1 foot, alternate feet while walking upstairs, copy a circle, knows their name, age, gender, and a few colors.

Language: Can use 3 words sentences and have a brief conversation. Continue to read together daily, talk about the story and pictures, and play rhyming games. Practice reading signs wherever you go.

Discipline: Redirect when possible, time out for rough behavior or frank disobedience (in a safe place for up to 3 minutes). Be consistent. Give hugs often. Give your child opportunity to make choices, and show them how to handle anger well and be respectful.

Safety: Use a forward-facing seat with harness for as long as possible, up to the highest weight or height allowed for their seat. Supervise outside and around animals. Use a helmet while on wheels. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin at 12 months of age.

Immunizations: None if up to date.

Medication Dosage:	24-36 lb	36-48 lb	48-60 lb
Acetaminophen (160mg/5mL)	5 mL (1 tsp)	7.5 mL (1.5 tsp)	10 mL (2 tsp)
Infant Ibuprofen (50mg/1.25mL)	2.5 mL	-----	-----
Children’s Ibuprofen (100mg/5mL)	5 mL (1 tsp)	7.5 mL (1.5 tsp)	10 mL (2 tsp)

Next visit: 4 years old