

3 YEAR VISIT

Nutrition

- Offer low fat cow's milk only
- Avoid juice and drinks/foods containing added sugar
- Avoid choking hazards and cut food into small pieces
- Establish healthy eating habits and limit foods high in saturated fat
- Offer fruits and vegetables and encourage physical activity daily
- Have scheduled family meal times and model healthy eating
- Trust your child to self regulate – as long as they are growing, they are okay
- If constipated, try to increase fiber in diet and encourage water/fruits/veggies

Sleep

- Most toddlers sleep around 8-10 hours at night, and take 1 nap (1-3 hours total); if you are thinking of getting rid of naptime, try planning bedtime earlier
- Keep a regular bedtime and nap ritual – it is normal to still use a diaper/pull up overnight
- Try to read to your child every night

Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a small amount of toothpaste
- Make sure you brush teeth before bedtime
- Toddlers can brush their own teeth when they can tie their own shoes
- A toddler should see a dentist every 6 months

Safety

- Your child should be in a forward facing car seat in the backseat with 5 point harness
- Lock chemicals, medications and firearms in high cabinets
- Supervise toddlers near cars and in the street and always use a helmet when on a scooter or tricycle/bicycle
- Poison Control # (1-800-222-1222)
- Always have an adult supervising when near water or swimming pools
- Use insect repellent (10-25% DEET) & sunscreen (SPF > 30) and sun protective clothing/hats
- Teach your child not to talk to strangers and to not allow themselves to be touched inappropriately

Promoting Development

- Your child may be potty trained by now
- Encourage independence as your child can dress themselves, feed themselves and engage in imaginative play
- Your child may ask a lot of questions at this age – encourage this curiosity
- 75% of their words should be intelligible
- Set reasonable rules and a schedule
- Offer choices to limit conflict
- Limit TV to < 1hr per day
- Teach your child that negative behaviors have consequences, such as a time out (2-3 minutes is enough)
- Praise your child when they make safe decisions or practice good behaviors
- Show clear affection and commitment to your child
- Consider an early Head Start Program or pre-school program

****Next Visit: 4 years old for well child visit and vaccines***



Chesapeake
Pediatrics