3YRS
PEDIATRIC
CARE ADVISOR

Well Child Care
Age 3

F A C E Y
Patient Education

Use this Care Advisor guide created by Facey pediatricians
for tips on managing your child's nutrition, safety and more.

Nutrition

A three year-old may have a small appetite due to a slower growth pattern. Children gain only about 4 pounds per year now. We usually expect children to eat more than they actually need. While it may seem as if your child "barely eats," most kids are very good at knowing how much they need in order to grow. Avoid battles over eating. Remember that you have control over what your child eats.

Offer healthy meals and snacks. Limit sweets and junk food like chips. Limit sugar and fat. Milk should be given at meal times. Limit juice and all sweetened beverages to 4 oz per day. Water should be offered throughout the day.

Sample servings for Ages 3-5:
Dairy: 2 -2.5 servings (1 cup (8oz) of milk, 8oz of yogurt, Choose low-fat or fat-free dairy options)
Protein: 2 -3 oz (1oz of meat, 1oz of fish, 1oz of cheese, 1 tbsp peanut butter)
Fruit: 1 serving (1 small piece of fruit, ½ a banana, 1 cup of fruit)
Vegetable: 1 -1.5 cups (1 cup of raw vegetable, ½ cup cooked vegetable)
Grain: 3 -4 oz (1 slice of bread, 1oz dry cereal, 6 saltine crackers, ½ sandwich bun, At least ½ of your grains should be whole grains)

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Recent studies suggest that lack of sleep contribute to childhood obesity. Have a set bedtime and a specific bedtime routine.

Development & Behavior

Three year-olds are more willing to please you and less stubborn then the 2 year old. Children this age often ask for help and have less tantrums. Three year-olds share, take turns and play together. Language skills are improved and speech should be easy to understand with longer sentences. They often ask questions, sing songs, and tell stories.

Keep disciplining based on age, a typical "time-out " for a 3 year-old would be about 3 minutes. Children this age need boundaries and set limits.

Most children are toilet trained during the day. If your child is not toilet trained, now is a good time to start. There is nothing you can do to stop your child from wetting the bed at this point. Time will generally take care of this.

Safety

• **You should typically use a forward-facing toddler car seat until your child is over 4 years old and over 40 pounds. If your child requires a booster seat, make sure that the seat belt is properly fastened & the booster seat is securely tied down.**
• **Never leave your child alone in the car.**
• **Do not leave your child unsupervised near water; supervision should always be done by an adult.**
• **Use gates or fences around pool areas.**
• **Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 a.m. and 1 p.m.**
• **Your child should always wear a helmet when riding a bike or scooter.**
• **Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.**
• **Keep all medication and cleaning fluids locked in cabinets or in areas that your child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).**

Teeth

Be sure to brush twice daily with a pea-sized amount of toothpaste and floss your child's teeth once daily. Dental visits should be scheduled for every 6 months.

Immunizations

Apart from influenza, vaccines are not usually given at this visit. If this is your child's first flu vaccine, an additional vaccine will be required in 1 month.

You can find more information on vaccinations online at: **http://www.facey.com/ped/child_care.php**

The Next Visit

Your child's next appointment will be at 4 years of age.

About this guide

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

live healthy
enjoy life