

# THE CHILDREN'S CLINIC, P.C.

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## AGE 3 YEARS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Wt: \_\_\_\_\_ lb \_\_\_\_\_ %  
Ht: \_\_\_\_\_ in \_\_\_\_\_ %  
BP: \_\_\_\_\_

Next physical appointment in 1 year: \_\_\_\_\_

Special instructions:

### DEVELOPMENT:

Your child can or soon will:

Be able to jump in place; kick a ball; balance or stand briefly on one foot; pedal a tricycle; alternate feet while going up stairs; open doors; build a tower of nine cubes; copy a vertical line; put on some clothing and shoes; know name, age, sex; may understand "cold", "tired", "hungry", "bigger", "smaller"; may know colors; have speech which is mostly understandable.

### DIET:

- Continue to offer a balanced diet. Avoid junk foods, soda, and fast food. Limit juice to 4-6 oz per day or less. Consider giving juices that come with added vitamins and calcium, with no added sugar. Milk should be limited to 16-18 ounces per day.
- Your child should be able to feed himself now without help.
- Mealtimes should be a time for the family to get together to talk and share their day.
- One serving size of a food is one tablespoon per year of age.

### DENTAL CARE:

- Encourage twice daily teeth brushing and you may start flossing. By age 3, there are 20 teeth.
- A child this age does not yet have the ability to get all of the teeth clean. You should brush your child's teeth until about age 6.
- Your child should have a visit with a dentist every 6 months.
- **Fluoride: 0.5 mg. every day**, will be prescribed by your pediatrician if your water is **not** fluoridated. Fluoride is an important way to prevent cavities. However, too much fluoride can cause permanent brown stains on the teeth, so limit toothpaste to a "pea" sized amount. Consider leaving the fluoride supplement at home when vacationing or traveling, since there may be fluoride in that water.

### SLEEP:

- Your child might stop taking a daily nap.
- A regular bedtime, quiet time prior to bed, and a bedtime routine are important.
- Pre-school age children are struggling with issues relating to independence and self control. Nighttime routines provide a way for children to feel in control when getting ready for bed. Be sure to praise your child when she does well with the bedtime routine.

## **TOILETING:**

- **Age 3:**            **Bowel trained 90%**            **Daytime dry 85%**            **Nighttime dry 60%**
- Never punish for accidents. Be sure to praise for success.
- Bowel habits which are not necessarily uncommon but that you may want to speak to your doctor about include: continually withholding stool, constipation, or leaking liquid stool on to the underwear. If you think your child is having any of these problems please call for an appointment with your pediatrician.
- Remember to teach girls to wipe front to back.

**PRE-SCHOOL:** Pre-school or day care is a major part of many children's daily schedule. Daycare helps with socialization and can provide parents with a break. Here are some questions to ask when choosing a daycare:

- Is the facility licensed? Is the license current? Is the staff trained in first aid? Is safe transportation provided?
- Do they share parent's ideas about raising children? Do they respect each child's unique background and interests?
- Do they welcome parent's questions and recommendations? Do they hold regular parent/teacher conferences?
- Do the children seem happy, busy, and relaxed? Are there special places for both quiet and active play?

## **PLAYTIME:**

- Three year olds benefit from play with blocks, simple puzzles, sand and supervised water play. Pretend play is important.
- Discourage watching television. The American Academy of Pediatrics recommends limiting TV, video and computer games to one hour per day total.

## **PARENTING PRACTICES:**

- Provide your child with an opportunity to talk about his or her day.
- Try to have some special time alone each day with each child.
- Provide for opportunities for your child to play with other children, if not in a pre-school or day care setting.
- Assign simple chores and praise for jobs well done.
- Allow the child to explore and communicate. Offer two choices in appropriate situations. This allows the child to develop self-confidence.
- Reading picture books to your child helps the child learn new words, develop attention span and self-esteem. Read each day and begin to use the library.
- Continue to teach your child how to behave by setting appropriate and clear limits, being consistent, and using appropriate consequences.
- At this age sexual curiosity and exploring are normal. Some children may have questions about where babies come from and about the differences between boys and girls. Answer honestly and simply.

## **SAFETY:**

**Close supervision is still important at this age.**

- Continue to use an approved child safety seat in the rear seat of the car. Most children do best with the booster seat safety device because it allows them to see out the window.
- Lock up electrical tools, firearms, matches and poisons.
- Children and parents should wear helmets when biking, riding scooters or rollerblading.
- Teach about the dangers of chasing balls or animals into a street.
- Talk to your child about not following strangers or accepting touching they do not like by others. Teach her how to say, "No", or, "Stop, I don't like that".
- Always supervise your child near water.
- It is recommended that children should never use trampolines because of the high risk of injuries.

## **SUGGESTED READING:**

Caring For Your Baby and Young Child: Birth to Age 5 by the American Academy of Pediatrics.

What to Expect, the Toddler Years by Eisenberg, Murkoff, Hathaway.

Your Baby and Child by Penelope Leach.

Your Four-Year-Old by Ames and Ilg.

How To Get Your Child To Eat...But Not too Much by Ellyn Satter.

Solve Your Child's Sleep Problems by Richard Ferber.

The Parents' Book of Toilet Teaching by Joanna Cole.

The Magic Years by Selma Frailberg.

First Feelings by Stanley and Nancy Greenspan.

Touchpoints by T. Berry Brazelton, M.D.

Without Spanking or Spoiling by Elizabeth Crary.

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Faber and Mazlish.

Taking Care of Your Child: A Parent's Guide To Medical Care by Pantell, Fries, and Vickery.

