



3 Year Old Well Child Visit

Temp _____ Weight _____ Weight % _____
B/P _____ Height _____ Height % _____
HR _____
Resp _____

**Immunizations today:
Catch up on any missed vaccinations**

DEVELOPMENT

By 3 years of age, your child should begin to do some of the following:

Jump	Share toys
Alternate feet going up stairs	Ride tricycle
Use 3 word phrases	Use pronouns
Speech 3/4 understandable	Stack 8 blocks
Knows name age, and sex	Copy circle

OTHER:

- Limit time in front of television and monitor what they are viewing
- Encourage interaction with other children around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure.
- Set limits, enforce them consistently
- Time-outs are appropriate with maximum of 3 minutes "in time-out"
- Continue to encourage good eating habits, still recommend 16 oz of dairy intake per day
- Continue to maintain good dental hygiene habits
- Yearly dental visits

SAFETY

- Continue to use appropriate sized car seat
- Continue to baby proof for growing child, chemical and medication storage areas, outlet protectors
- Never leave child unattended near water
- Check smoke detectors
- Lock up fire arms and store unloaded
- NO SMOKING

Useful Websites and Numbers: www.brightfutures.org www.aap.org www.kidshealth.org

POISON CONTROL 06371-86-7070 486-7070

USAHC Stuttgart, Germany

Next scheduled visit is at **4 years**
Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353
WIC 07031-15-3351
EDIS/Early Intervention 07031-15-2697/2547
Poison Control: 06371-86-7070