

Name _____

Date _____ Height _____

Weight _____ Head Circumference _____



Well Child TIPS FOR TAKING CARE OF YOUR 3-YEAR-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

- Your child still needs to use a child safety seat in the car at age 3. He will need one until he outgrows the safety seat's weight/height limit (usually 40 pounds or 40 inches). After that, he may need a booster seat to make the safety belt fit snugly. Your child's safety seat should face forward in an upright position. Make sure the safety seat is buckled to the car and your child is buckled in the safety seat. For more information on seatbelt safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Going forward from year 2000 models, most cars will be equipped with an attachment mounting in the rear seat area for a tether strap, which is an adjustable strap attached to the upper back of a forward-facing child safety seat. When properly used, a top tether strap reduces risk of injury by limiting the movement of a child's head in a forward crash. Check with the manufacturers to see if previous model seats and cars can be fitted with top tether attachments.
- Get a smoke alarm and a carbon monoxide detector if you do not already have these. Check the batteries monthly and change them twice a year or as often as the instruction manuals indicate. For more information on fire safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Remember that little hands are curious! Keep curling irons, hot rollers and other heated appliances and their cords out of your child's reach. When you are cooking, keep the pot handles turned toward the back of the stove, so your child cannot reach them.
- Teach your child not to pet strange dogs or tease any animal; they may bite.

- Always watch your child on the playground. Avoid playgrounds that have a hard ground surface or equipment that is too high or has broken or loose parts. For more information on playground safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- If you have any questions about immunizations, be sure to discuss them with your child's healthcare provider. Following a regular immunization schedule is very important for your child's health.

NUTRITION

- Fast food meals do not provide the variety of nutrients children need. Limit the frequency of fast food meals and snacks.
- Serve fruits and vegetables every day.
- Make planned snacks foods you are comfortable with having your child fill up on.
- Do not become a short order cook for your child. Present a variety of healthful foods at meals. Include something (like bread) that you know your child can easily eat if he does not like the other foods served.
- Children need to be the ones to decide how much they eat.



DEVELOPMENT

- By now your child may recognize some colors and even have a favorite one! Talk about the colors of objects in your home or when you go for a walk.
- Your child is learning to put sentences together. Encourage him to talk about what he sees and does.
- Children love to copy their parents. Use words around your child that you would like him to use. Sometimes your child may say “bad” words if he thinks it will get your attention, but it is best for you to ignore him when he does this.

PARENTING

- Your child may want to help around the house. Give him small jobs such as setting the table.
- Be patient with your child’s constant questions and give him simple answers. Three-year-olds are very curious and often ask “Why?”.
- Your 3-year-old probably loves singing and music. Sing to him and teach him new songs. Let him play his own “instruments.” Even a pot and a wooden spoon work as a great drum set.
- Try to read to your child every day. Let him choose the stories.
- Take time out for yourself. Ask someone you trust to watch your child while you do something alone, with your spouse or with a friend.
- Let your child make some decisions. This makes him feel important and grown-up.
- If your child will not behave, try distracting him. Sing a silly song or ask him questions.

NEXT VISIT _____

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your child safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS _____

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.

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