



# 3 Year Old Well Child Visit

Center for Child & Adolescent Health  
St. Christopher's Hospital for Children  
(215) 427-5985



## What will happen today:

- ◆ You and your doctor will talk about your parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ Your child might receive shots if she is behind.
- ◆ Talk about how potty training is going.
- ◆ Talk about what things your child is learning.

## Get Your Child Ready for School

- The more you talk to your child, the more words she will learn.
- Read books together. Point to pictures.
- Encourage pretend play, and play creatively with your child.
- Use daily activities to teach things like numbers and colors. For example, count stairs when you are walking.
- Give choices when you can. If there are no choices, try things like "It's bedtime; which book would you like me to read you?"
- Play turn-taking games with your child. Teach your child about sharing.
- Give your child specific tasks. Praise her when she does them.
- Have your child actively participate in daily tasks, like choosing their outfit and getting dressed.



## Bedtime Routines

A bedtime routine helps your child fall asleep more easily. Here are some tips to stick to a routine:

- Set a bedtime and wake-up time. Stick to it everyday.
- Tell your child "It's time to get ready for bed."
- Brush your child's teeth and put on pajamas.
- Read your child a book.
- No TV or rough play before bed. No TV in the bedroom.
- Say "night, night" and leave the room.
- Be consistent and patient!



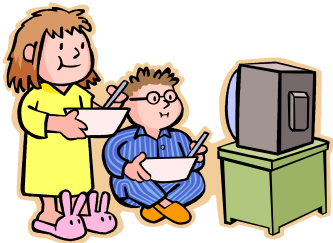
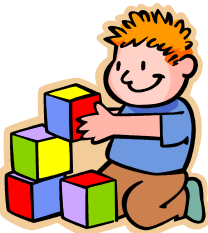

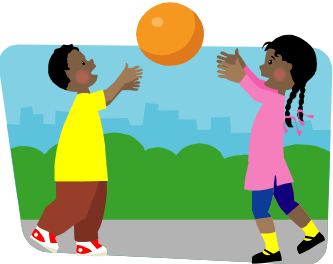

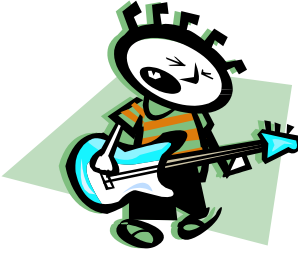



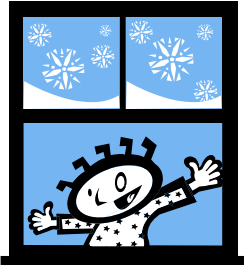


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# Staying Healthy for 3 Year Olds

Physical Health	 <p>Do things as a family, like going on walks, to the park, or to the zoo.</p>	 <p>Encourage daily physical activity. Normal play includes a lot of running.</p>	 <p>Limit screen time to 2 hours a day. No TV in bedroom. No violence.</p>
Playing	 <p>Let your child play with age-appropriate toys, and use imagination.</p>	 <p>Make it safe for your child to play in her environment.</p>	 <p>Let your child play with other children. Teach turn-taking and sharing.</p>
Language Skills	 <p>Read to your child everyday. Talk about pictures in the book.</p>	 <p>Sing to your child and play rhyming games.</p>	 <p>Let your child tell you about her friends and what they do together.</p>
Safety	 <p>Never leave your child alone, or with young children or strangers to watch them.</p>	 <p>Supervise all play, especially near streets. Do not allow her to cross the street alone.</p>	 <p>Protect your child from falling out of windows. Install window guards.</p>

**At the next visit:**

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

