



Pediatric Clinic  
PATIENT EDUCATION HANDOUTS

## Fort Carson Three-Year Well Child Visit

### Development

Between 24 and 36 months you will notice your child doing the following:

### Physical

- \*walks well, runs, steps up, squats down
- \*jumps, throws overhand, climbs
- \*scribbles, copies a circle
- \*opens door
- \*pedals tricycle by age 3

### Mental

- \*names 5-6 body parts
- \*demonstrates problem solving (ie. brings chair to cabinet to climb up)
- \*remembers where object is hidden

### Language

- \*asks “why” and “what” questions
- \*follows single-step and two-step commands
- \*speaks in two to three word phrases; by age three takes part in conversation, though speech may not be fluent
- \*knows name, age, and sex by age 3

### Social/Adaptive

- \*dresses with help; undresses self
- \*plays alongside children; by age three will play with other children
- \*uses spoon and cup by self when eating
- \*helps with simple tasks, like picking up toys
- \*may be negative or demanding
- \*enjoys picture books and hearing stories

Today's Date \_\_\_\_\_ Age \_\_\_\_\_

Weight \_\_\_\_\_ # \_\_\_\_\_ oz

Height \_\_\_\_\_ ” \_\_\_\_\_

Blood Pressure \_\_\_\_\_

### Activities for You and Your Child

- \*provide dress-up clothes, hats, etc.
- \*provide tricycle (with helmet for child)
- \*good toys include puppets, dressable dolls, musical instruments, garden tools, coloring books, books, play dough, clay, crayons, markers, finger paints, puzzles and paints
- \*enjoy picture books together
- \*make and decorate cookies
- \*allow for messy art play
- \*provide supervised water play
- \*provide plenty of free play time outdoors
- \*provide for group play, nursery school
- \*support pretend play by responding to stories and ideas
- \*model social skills
- \*praise freely, criticize rarely

### Other

- \*toilet training should proceed at the child's own pace

## **Immunizations Today**

To date your child should have already received the following vaccinations:

4 DTaP	3-4 HIB
3 IPV	3 Hep B
1 MMR	1 Varivax
4 Prevnar	2 Hep A

If not complete, catch up shots can be given today.

## **Safety**

- \*use car seat always
- \*keep poisons, sharp objects like scissors, small objects like coins, and hot objects like curling irons out of reach
- \*no smoking in home or car or around child
- \*never leave child unsupervised around water; ensure child wears life jacket if boating
- \*Poison Control 1-800-222-1222**
- \*don't allow tricycle riding or playing in the street; always have child wear helmet when riding tricycle or on bicycle with parent
- \*never leave child alone in car or home
- \*never leave child unsupervised when outdoors
- \*if there are guns in the home, ensure that they are locked up and ammunition is locked up and stored separately; use a trigger lock as well

## **Nutrition**

- \*serve a variety of different foods and let child decide what and how much to eat
- \*avoid power struggles over eating
- \*child should join family for meals and also get 2-3 snacks per day
- \*provide snacks like fresh fruit, graham crackers, peanut butter, granola bars

## **Dental Hygiene**

- \*continue Fluoride if using unfluoridated water
- \*get first dental appointment by 3 years of age
- \*brush teeth two times per day

**Please bring your child's shot records to every well baby appointment or physical.**

**Appointment Line: 526-2273/524-2273  
Pediatric Clinic front desk 526-7653.  
Family Practice Clinic 524-4068**