



Well Care Education – 3-Year-Old

- **DEVELOPMENT:**
 - Your toddler should be putting on some clothes by himself/herself, like loose pants or a jacket. He/she should use a fork and draw a circle when you show him/her how.
 - She/he should talk with you in a conversation using at least two back-and forth exchanges. Ask "who," "what," "where," or "why" questions. Says first name when asked, and talks well enough for others to understand most of the time. They should notice other children and join them to play.

- **EMERGENCIES:**
 - Please call us if your toddler has any difficulty breathing, uncontrolled or green vomit, is having less than 4 wet diapers or voids per day, severe abdominal pain, irritability, or a high fever (>104F).
 - A word on fever: fever by itself is NOT an emergency, even 104F! However, if you give Tylenol/Motrin and the fever does not improve OR if the fever improves but your child remains lethargic or has persistent concerning symptoms, please call. Also, if your child has fever >4 days please call the office. **Tylenol and Motrin dosages can be found on our website.**

- **SKIN CARE:**
 - Your child's skin is still delicate. Please apply sunscreen to your child if they will be in the sun for >20 minutes. Re-apply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double the risk of skin cancer.

- **ORAL CARE:**
 - Please brush your child's teeth with a soft bristle toothbrush twice a day.
 - Your child should be seeing a dentist every 6-12 months.
 - If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice.

- **SLEEP:**
 - Your toddler should be sleeping about 9-12 hours a day. He/she should no longer be waking you up at night.

- **CAR RESTRAINTS:**
 - Your toddler's car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs.

- **SAFETY:**
 - If your child does not know how to swim there needs to be **at least 3 barriers between them and the water. One of the most important barriers is adult supervision.** Other examples include a lock up high on the door, a fence around the pool/canal and an alarm on the door leading out to the water. Please check with your insurance as some will cover the cost of the lessons. Go to www.LiveLikeJake.com for scholarships.
 - A car seat with 5-point harness is still necessary at this age.
 - Please keep poisonous items including cleaning and lawn supplies, medications out of reach of your child. Call poison control if your child ingests any harmful substances. **1-800-222-1222.**

- Your child needs to wear a helmet if they are riding a bicycle, scooter, skateboard, etc.
- **NUTRITION:**
 - Avoid giving your child large food pieces such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking. Review the Heimlich maneuver weekly or monthly.
 - Your child should be eating a variety of table foods and drinking 2% milk. Please limit milk intake to 12-16oz per day.
 - **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).
- **USEFUL WEBSITES:**
 - Healthychildren.org
 - Chop.edu/primary-care/well-child-visits-what-expect.
 - www.oceansped.com