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### **3 Year Exam**

WEIGHT: \_\_\_\_\_ LBS. \_\_\_\_\_ %

LENGTH: \_\_\_\_\_ IN. \_\_\_\_\_ %

### **FEEDING:**

Toddlers tend to be unpredictable eaters. They may prefer only 1-2 foods on 1 day, then eat the entire plate the next. Allow your child to have some choices (well-rounded, healthy choices) to give them some sense of control. Try to model well-rounded eating yourself. Enjoy family time at the table to make eating a positive experience. Try not to become too exasperated with your picky eater. Avoid having “plan B” meals for a picky eater, as this encourages rigid food preferences.

### **DEVELOPMENT:**

Your child can hop, go upstairs/downstairs without support, kick a ball forward, throw overhand, and catch a ball most of the time. He/she should be able to draw a circle and cross and, ultimately, start tracing letters. In addition, your child will be speaking in sentences of 4-5 words and speak clearly enough for strangers to understand most of what he/she says. At this age, your three-year-old should recognize at least 3 colors, follow 3-part commands, and be able to count to at least 3. You will notice more pretend play and dressing/undressing. Enjoy watching your child engage in storytelling and become much more independent. Many children enter into a 3-year preschool. Ask your neighbors and friends about reputable preschools in your area. If not preschool, think about some classes that will encourage your child to learn new skills and socialize.

### **IMMUNIZATIONS:**

Catch up only – don't forget a yearly flu vaccine in the Spring/Fall

### **SAFETY:**

Now that your child is out of the crib, be sure that your child does not have access to any dangers at night while you are sleeping. Keep outside doors/windows locked, stairs blocked, and ensure that drugs/cleaning chemicals/sharp objects are out of reach. Think about fire safety in your home and your family's escape plan.

### **FREQUENT CONCERNS:**

#### **TEMPER TANTRUMS:**

Consistency is key. Try to keep your child's day as routine as possible; nap times at the same time every day, freq meals and snacks. Make sure that your child's rules are the same day to day and caregiver to caregiver. Once you make a rule or a promise, stick to it! Offer your child praise for when he/she is doing things right.

#### **TOILET TRAINING:**

Keep this experience as positive as possible. Your child's potty-training clock may be different than yours. Offer a routine time to sit on the potty upon awakening, 20min after each meal, before naps and before bedtime. Give praise/high fives for even attempting to go potty. Let your child establish some confidence and control. Pretty soon you will be done with those diapers. Bedwetting is related to your child's hormone maturity. If your child is dry through the day, but not at night, your child's body just might not be ready. Do not be frustrated. Statistically some children do not gain nighttime bladder control until Jr High School age!

#### **SLEEP:**

Be sure to have a routine bedtime. Try to discourage your child from getting out of bed frequently for toileting, drinks, books, etc. Make sure that all of his/her needs are met before you turn the lights off, then stand firm on the bedtime. Nightmares and Night Terrors are common at this age. If your child is upset/crying in the middle of the night, try to keep him/her calm. A pink or orange light bulb from the hardware store makes for a soft glow and provides light without making scary shadows like a nightlight might do.

#### **NEXT VISIT:**

See you at 4 years of age. The last required vaccines prior to school attendance will be given at the next visit.