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MD



Pierremont Pediatrics
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3 years old

General health

- At 3 years your child should not receive any vaccinations if they are up to date. Some children still need their second Hep A. Please confirm this with your child's doctor at the appointment.
- Dental health- brush your child's teeth after meals with a toothpaste that contains fluoride, approximately pea sized.
- It is time for your child to visit a dentist for a check-up.

Nutrition

- Your child should have 1-2 8 ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day. No tea, soda, or sports drinks.
- Hard candy and certain shaped/sized foods (hotdogs, nuts, whole grapes) can still pose a choking hazard and should be cut up. Your child should be watched closely while eating these foods.

Elimination

- Stool pattern can vary greatly from several times a day to one every few days.
- Between age 2 and 3 years old your child will show interest in potty training and there are several different methods to use for training. Most children respond well to positive encouragement such as a hug, positive words or a small special treat. Please discuss further potty training questions with your child's doctor.

Sleep

- Your child should be able to sleep through the night.
- Your child may benefit from a consistent daytime nap schedule, usually 1 nap a day.
- It is important to put your child to bed sleepy but awake in order to encourage falling asleep independently. If this isn't done, it will become more difficult for the child to learn to fall asleep on their own as they get older.

Behavior

- Your child should be able to balance on one foot, ride a tricycle and jump with both feet off the ground.
- Your child should be able to copy a circle and stack at least 9-10 blocks.
- Your child should be able to say more than 100 hundred words and use 3-4 word sentences, ask questions (what, where, who, why) and knows their own name, age and gender.
- Your child should be able to have daytime bladder/bowel control, feed himself and play cooperatively with other children.

- The American Academy of Pediatrics recommends screen time limited to one hour per day.
- No “screen” use during meal times and limit “screen” use one hour before bedtime.

Injury Prevention

- Children who have outgrown the height and weight limit of their rear facing car seat should advance to a forward facing car seat with 5 point harness. Children should remain in the 5 point harness as long as possible.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently.
- Do not allow your child to pull up on objects that could fall on top of the child.
- Keep sharp objects out of reach and move furniture with sharp corners or edges out of child's way.
- When bathing your child, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your child into it. Never leave child unattended in a bath or around water.
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.
- All exterior doors to the home should be locked with a lock out of reach of the child
- Discuss who strangers are with your child and not to talk or accept things (candy, gifts, ride in the car) from strangers.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____inches (____%)

My next appointment: _____