

Age: 3 years old

NUTRITION

Mealtime should be a fun experience for the entire family. Your child should be feeding himself completely on his own by now. Be sure to give foods from all food groups and limit snacks to healthy ones. For food suggestions check out the following web site: www.mypyramid.gov. If your child chooses not to eat the prepared meal, do not give him/her another choice. This will help discourage "picky eaters". Children will eat when they are hungry.

DISCIPLINE

Try to "catch your child being good" and tell him/her that you are very proud of his good behavior. Make consequences for bad behavior as logical as possible. Use 3 minute "time-outs" as needed for unwanted behavior. Be consistent with discipline and don't make threats that you cannot carry out.

DEVELOPMENT

Three year olds are very independent and like doing things for themselves. Patience and encouragement will help your child to develop new skills and build self-confidence. Read to your child daily. Mild stuttering is normal at this age. Limit TV time to 1-2 hours per day.

TOILET TRAINING

Many children this age still need to wear diapers/pull-ups during the day or at night. Don't shame your child about needing to wear diapers. Remember to give positive praise for a job well done.

DENTAL CARE

Be sure to brush your child's teeth after every meal. Games make this activity more fun. Schedule an appointment for a dental visit.

SAFETY

Accidents are the number one cause of death in children. To promote safety for your child:

1. Always use an approved car/booster seat.
2. Don't smoke around the children.
3. Never leave your baby unattended in the bathtub or around standing water of any kind.
4. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
5. Keep the poison control center number by the phone (1-800-222-1222).
6. Check your smoke detectors and fire extinguishers routinely.
7. Provide a play area where balls and rolling toys cannot roll into the street.
8. Hold your child's hand at all times around traffic. Practice crossing the street with your child.

IMMUNIZATIONS

Talk to your doctor about needed immunizations.

FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours
48-59 pounds	children's liquid	2 tsp.	4-6 hours
	chew tablets (160mg)	2 tabs	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours
48-59 pounds	children's liquid	2 tsp.	6-8 hours
	chew tablets (100mg)	2 tabs	6-8 hours

WHEN TO CALL

You should call the doctor if your child develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 4 years of age. Please bring your immunization card with you to your next visit.

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