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3 YEAR EXAMINATION

1. **Television:** Limit television viewing to educational or wholesome programs. Expect your child to be upset if the children in the program are upset. Children cannot distinguish commercials from the program until 6-8 years of age. Be particularly careful not to expose your child to television violence, shootings, etc. Limit TV viewing and other "screen time," i.e. computer and video games, to 1-2 hours per day or less. Instead encourage active play with blocks, puzzles or outdoor play. Use books as a quiet time activity.
2. **Development:** Between 3 and 4 years of age children learn to copy simple shapes. Generally they can play with blocks. They should also be able to use 3-4 word phrases and their words should be understandable most of the time. They have an imagination but cannot distinguish imaginary from real and are thus prone to nightmares and daytime fear of animals, insects, and "monsters". Provide opportunities for peer interaction.
3. **Discipline:** Continue to be consistent with discipline. Provide positive re-enforcement for good behavior. Encourage independence by offering limited choices. Time out is still recommended for aggressive or unsafe behavior.
4. **Pool safety:** Safeguard against drowning by having your pool fenced with a self closing gate and always providing adult supervision.
5. **Tricycle safety:** Repeat warnings about streets and driveways but always supervise near the street. Start your child wearing a bicycle helmet now so that it will become a lifelong habit. Free helmets are available from the Tucson Fire Depts as well as TMC.
6. **Car safety:** A car seat is necessary until your child is at least 5 years old and 4'9". When a child is four years old and weighs forty pounds they may be switched to a booster seat. Children are safest in the back seat. Never put a child younger than twelve in front of an air bag.
7. **Fire safety:** Use smoke detectors. Develop a fire escape plan. Teach children not to touch matches.
8. **Dental examinations:** These are recommended to begin at age three. Remember to help your child brush at least once per day with a pea sized amount of toothpaste on the brush.
9. **Eye examinations:** An initial visit to an ophthalmologist (eye specialist) is recommended between ages three and four if there seems to be a problem with vision.
10. **Toilet training:** be realistic and don't get discouraged if your child isn't 100% dry yet. 15-20% of children still are not dry during the day and 30-40% are not dry at night at age three.

11. Medication:

	<u>Acetaminophen</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen</u> (Motrin, Advil)100mg/5cc
<u>Weight</u>	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

12. Food Rules For Children Age 1 and Up

Scheduling

Regular mealtimes, only planned snacks
Mealtimes no longer than 30 minutes
Nothing offered between meals except water

Environment

Neutral atmosphere
Sheet under the chair
No game playing
Food is never given as a reward

Procedures

Small portions
Solids first, fluids last
Self-feeding encouraged as much as possible (finger feeding, holding spoon)
Food is removed after 10-15 minutes if child is only playing without eating
Meal is terminated immediately if child throws food in anger
Wiping the child's mouth and cleaning up occurs only at end of meal.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 4 Years of age