

# 3 YEAR CHECK-UP

## FREEDOM!

Being independent is the theme here! So, here are some tips to tackle it.

### NUTRITION

The baby should be taking only 2% milk. Your child does not need juice, you can, however give upto 4 oz. per day for constipation.

It is good to let your child help choose what foods to eat. Be sure to give him only healthy foods to choose from.

Children should eat small portions from all food groups: fruits and vegetables, dairy products, and cereals and grains. Try to give him what the rest of the family is eating.

Children can eat 3 meals and 2 to 3 snacks each day.

Do not combine TV viewing with mealtimes. Children will not realize when they are full, and this habit will lead to obesity and other health issues in the future.

Offer only healthy meals and snacks; limit high calorie/low nutrition fast foods.

### DEVELOPMENT

By this age you baby will be:

- Able to climb up and down stairs with help
- Say

### BEHAVIORAL

As your child grows older, he will have an increasing ability to function without adult supervision at school, on the playground and at home. Discuss with your child how he can begin to be responsible for his behavior.

Older kids should be responsible for their actions. The opinions of friends are very important, perhaps more important than their parent's opinions. Discuss with your child how to make good choices in the company of friends.

Parents and kids should discuss issues of sexuality when they feel their kids are ready to learn new things. Discuss sexual values with your child.

### SLEEP

Your child needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.



**LATA SHRIDHARAN  
MD, FAAP**

# 3 YEAR CHECK-UP

## INDEPENDENCE!

*Paste your child's picture here*

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.

Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

### DENTAL CARE

Make sure your child brushes his teeth twice a day.

See the dentist every 6 months.

### SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give food items that might choke. Give food cut in small pieces.

Check your smoke detector to make sure it is working. Keep all electrical appliances out of the bathroom.

Use the back burners on the stove with the pan handles out of reach while cooking. Turn your water heater down to 120°F (50°C). Use caution while holding your baby and drinking hot liquids.

Do not let children play with matches. Practice firearms safety.

Teach your kids the "right, left, right" rule. Look right, then left, and then right again to make sure there are no cars before you cross the road. Make sure your child always uses a bicycle helmet. Set a good example by always wearing your helmet. Purchase a bicycle that fits your child well. Don't buy a bicycle that is too big for your child. Bikes that are too big are associated with a greater risk of accidents.

Discuss safety outside the home with your child. Make sure your child knows her address and phone number and her parents' place(s) of work. Remind your child never to go anywhere with a stranger.

Always use a child-size car seat while travelling by car. The safest place for the child is the back middle seat. Booster seats are required for kids upto 80 lbs or 8 years.

Never ever leave toddler in a bathtub alone! Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections and increases chances of ear infections & SIDS.

### IMMUNIZATION

Your baby may receive vaccines at this visit. She can get a fever with the shots and it is okay to give acetaminophen drops.

**Thank you for letting us be a part of your child's life!**



**LATA SHRIDHARAN M.D**

**Phone:** 972.618.3547

**Fax:** 972.618.3587

2109 W Spring Creek Parkway, Suite 200  
Plano, Tx-75023

[WWW.TXNATURALPEDIATRICS.COM](http://WWW.TXNATURALPEDIATRICS.COM)

[www.Facebook.com/NaturalPediatrics](http://www.Facebook.com/NaturalPediatrics)

*"Children are love made visible" – A Saying*