



3 Year Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- ◆ Your child may receive shots if they are behind
- ◆ Talk about how potty training is going
- ◆ Talk about what things your child is learning

Get Your Child Ready for School:

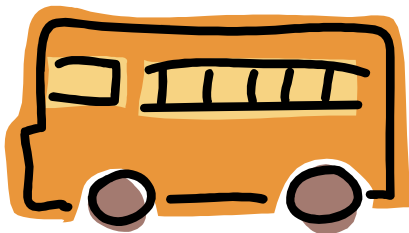
- The more you talk to your child, the more words they will learn
- Read books together. Point to pictures
- Encourage pretend play, and play creatively with your child
- Use daily activities to teach things like numbers and colors. For example, count stairs when you are walking
- Give choices when you can. For example, "It's bedtime; which book would you like me to read you?"
- Play turn-taking games with your child to teach them about sharing
- Give your child specific tasks and praise them when they do them
- Have your child actively participate in daily tasks, like choosing their outfit when getting dressed



Bedtime Routines

A bedtime routine helps your child fall asleep easier. Here are some tips to stick to a routine:

- Set a bedtime and wake-up time. Stick to it everyday
- Tell your child "It's time to get ready for bed."
- Brush your child's teeth and put them in pajamas
- Read your child a book
- No TV or rough play before bed. No TV in the bedroom
- Say "night, night" and leave the room
- Be consistent and patient!



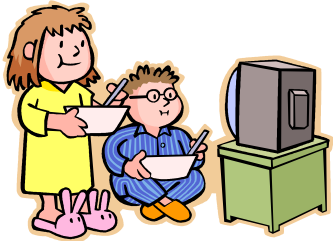


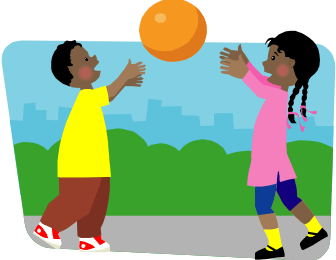





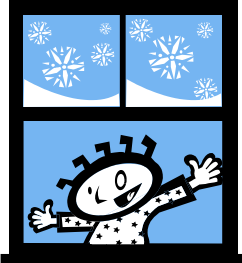


Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 3 Year Olds

Physical Health	 <p>Do things as a family, like going on walks or to the park or the zoo</p>	 <p>Encourage daily physical activity. Normal play includes a lot of running</p>	 <p>Limit screen time to 2 hours a day. No TV in bedroom. No violence</p>
Playing	 <p>Let your child play with age-appropriate toys and use their imagination</p>	 <p>Make it safe for your child to play in their environment</p>	 <p>Let your child play with other children. Teach turn-taking and sharing</p>
Language Skills	 <p>Read to your child everyday. Talk about pictures in the book</p>	 <p>Sing to your child and play rhyming games</p>	 <p>Let your child tell you about their friends and what they do together</p>
Safety	 <p>Never leave your child alone or with young children or strangers to watch them</p>	 <p>Supervise all play, especially near streets. Do not allow them to cross the street alone</p>	 <p>Protect your child from falling out of windows. Install window guards</p>

At the next visit:

- Your child will have a physical exam
- They may receive shots

