



Anticipatory Guidance - 3 Year Checkup

Family

- Allow 1:1 time for each child in the family
- Maintain consistent family routine
- Time for self/partner

Development and Behavior

- Discipline constructively using time-out for 1 minute/year of age
- Encourage child to tell the story his/her way
- Limit TV/computer time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination
- Show affection/praise for good behaviors
- Establish consistent limits/rules and consistent consequences
- Read books and sing together daily

Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor exercise
- Establish consistent bedtime routine

Safety

- Lead risk assessment
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Use of front-facing car seat until 4 years old and 40 pounds
- Use of helmet when riding tricycle or bicycle