



Pediatric Partners, L.L.C.

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THE THREE YEAR CHECK-UP

Return in One Year

Your child is now entering the preschool years. At this point in his life, he is beginning to show interest in his surroundings and will often ask the never-ending questions of "why" and "what's that." By now, approximately 75% of his speech is intelligible by strangers, and he should be speaking in small sentences consisting of three to four words. In some instances, children (one in twenty) will stutter. This is a normal mild speech dysfluency that can occur between the ages of 2 to 4 and is most prominent when your child is ill, tired, or anxious. The best way to handle this, as a parent, is to ignore the stuttering. Listen when your child is speaking to you, but do not correct him. It may also help to slow down your speech. Do not forget to praise him for all the other things he is doing correctly. If the stuttering lasts longer than two to three months or your child begins to show signs of tension, anxiety and self-consciousness, contact your pediatrician.

This is an appropriate age to promote out of home experiences such as preschool, play groups, or other community activities. Your child will benefit from the social interaction with other children. It also provides him with a chance to begin learning about taking turns and sharing, which will help make the transition to kindergarten smoother and easier. Your child may need a transitional object such as a favorite toy or blanket when first placed in unfamiliar surroundings.

By this age your child should be able to jump in place, kick a ball, walk up stairs using alternating feet, and ride a tricycle. He should know his name, age, and sex and be able to scribble and copy a circle. He should also be able to put on his coat and feed himself using a cup, spoon and fork.

Your child will enjoy playing with sand and water, reading books, doing puzzles, and playing with blocks. He is probably able to stack at least eight blocks. Play at this age becomes more interactive with other children and fantasy-oriented.

Check-up Snapshot

WT _____ %
 HT _____ %
 H.C. _____ %

Immunizations

DTaP _____ HepB _____
 Hib _____ MMR _____
 Varivax _____ Polio _____
 Prevnar _____ Rotovirus _____
 HepA _____ Date _____

NUTRITION

Continue to offer your child a balanced diet. Establishing healthful eating habits and physical activity at an early age can help prevent future health problems such as obesity, high blood pressure and high cholesterol. Other suggestions about mealtimes include the following ideas:

- Follow a regular mealtime schedule to promote a better appetite. You should use this time also to encourage social interaction among family members.
- Limit milk intake to 3 cups a day and offer other calcium rich foods such as yogurt, cheese, and green vegetables.
- Serve food with a spoon, fork, and cup since your child should be able to self-feed. No bottles should be offered at this age.
- Let your child help pick out the menu by offering choices such as chicken or spaghetti. Limit the options to two.
- Provide healthful snacks such as fruit, vegetables, and milk at least two to three times a day. Limit sweets and foods high in fat, which have low nutrient value.

GENERAL CARE

Continue to be consistent with your expectations in behavior and discipline. Time-out works well for unacceptable behavior at home or in public. Remember to praise your child for good behavior and accomplishments. When sibling rivalry occurs, try not to take sides. Encourage them to resolve the conflicts among themselves without your help. **DO NOT** allow hitting, biting, or other aggressive behavior.

Spend quality time each day individually with each child and encourage activities such as reading and talking about preschool or other activities. Focus on activities that your child shows an interest in and enjoys.