

Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

3 Year Old Well Visit

<p>Growth & Development Milestones</p> <ul style="list-style-type: none">✓ Jumps, gallops, tiptoes & runs smoothly; falls✓ Can walk backwards a long distance; rides tricycle✓ Can pour from a pitcher or carton using two hands✓ Undresses self, but needs help with dressing✓ Cries and hits at times, may regress at times✓ Approval seeking from parents, sees as heroes✓ Starting to share and take turns; quarrels at times✓ Plays alone; may have imaginary playmate✓ Speaks about 1,000 words, using pronouns✓ Puts toys away with help; simple responsibilities✓ Very short attention span; can make choices✓ Loves to hear stories over and over✓ Can identify primary colors; uses crayons	<p>Personal Health & Wellness</p> <ul style="list-style-type: none">✓ Offer wide variety of healthy foods and snacks✓ Should be feeding themselves✓ Encourage 2-3 servings of dairy daily for bone growth✓ Avoid juices or limit to 4 ounces per day✓ No junk foods or soda pop✓ Assist them in developing new skills and self-confidence✓ Encourage/support toilet training✓ Encourage at least 1 hour of physical activity daily✓ Brush twice a day with pea-sized amount of toothpaste and supervised✓ Be consistent with discipline; use time outs
<p>Fire Safety & Burns – Water Safety</p> <ul style="list-style-type: none">✓ Test smoke detectors 2x/year✓ Install CO alarm near sleeping areas✓ Keep matches and lighters out of reach✓ Have fire escape plan and PRACTICE!✓ Water heater should be set at 120 degrees or less✓ Watch for burn risks: stoves, space heaters, irons, fireplace✓ Always supervise around open water✓ Teach your child water safety and consider enrolling in swimming lessons.	<p>Home & Personal Safety</p> <ul style="list-style-type: none">✓ Safety latches on cabinets and doors is important✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime✓ Children require a tobacco free environment at all times✓ Don't forget sunscreen!✓ Booster until 49 inches!✓ Wear helmets while riding tricycles, bicycles, scooters, skateboards or roller blades✓ Reinforce stranger safety!
<p>For more information on normal growth and development:</p> <p>http://www.bloomfieldpediatriccare.com/normal-development/normal-development-3-years-old/</p>	<p>Helpful resources:</p> <p>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</p> <p>http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</p>
<p>Office Hours:</p> <p>Monday – Friday 9:00 am to 5:00 pm</p> <p>Saturday (Sept – May) 9:00 am to 12:00pm</p> <p>Phone Number (248) 451-0600</p> <p>Answering Service (248) 858-6888</p>	<p>Poison Control (800) 222-1222</p> <p>Child Safety Seat Inspection:</p> <p>1-866-SEATCHECK; www.seatcheck.org</p> <p>Beaumont Pediatric After Hours Clinic</p> <p>Royal Oak Troy</p> <p>(248) 551-0222 (248) 964-2888</p>