



Pediatric and Adolescent Medicine

11119 Rockville Pike, Ste. 310
Rockville, Maryland 20852
(301) 468-9225

Raymond H. Coleman, M.D., F.A.A.P.

Nandini Thillairajah, M.D., F.A.A.P.

Jeffrey D. Greenberg, M.D., F.A.A.P.

WWW.Coleman-Pediatrics.Com

HEALTH MAINTENANCE INFORMATION SHEET – AGE 3 YEARS

Date	Age	Wt	Ht	BP	Next Appt.
Acetaminophen Dosing: Children’s Suspension (160mg/5mL)			Ibuprofen Dosing: Children’s Suspension (100mg/5mL)		
Acetaminophen Dosing: Children’s Chewable (80mg chewable)			Ibuprofen Dosing: Children’s Chewable (100mg chewable)		

NUTRITION

- Can feed self with little spillage. Kids are surprisingly well nourished despite "finicky" eating habits and refusal to eat certain kinds of foods. Try to avoid establishment of "food fads". One good meal daily is typical.

GROWTH & DEVELOPMENT

- Gross motor: Walks up stairs alternating feet; rides tricycle; catches large ball in outstretched arms; balances on toes; jumps.
- Fine Motor: Builds tower 9-10 blocks; traces a square, copies a circle; uses fork; picks up small objects with dexterity.
- Emotional: Progressing toward independence and self-identity; lots of imaginary play; still has difficulty distinguishing reality from make believe; fantasies and fears are very vivid.
- Social: Increasingly interactive, cooperative play. Begins to share, take turns; friendship preferences emerge and begins to need "peers" more than parents.
- Intellectual: Still bound by egocentricity. Understanding of time (today, tomorrow, etc.). Understanding of birthdays as special and periodic events.
- Language: Speaks in increasingly complex sentences; speaks clearly, imitates speech sounds, names familiar objects, and takes most everything "literally".

IMMUNIZATION & PROCEDURES

- PPD (TB test) if high risk, urinalysis, CBC.
- Attempt at vision screening.

ACCIDENT & SAFETY

- CAR SEATS MUST BE USED AT ALL TIMES! May use booster between 30- 40 pounds.
- Use of explicit and consistent rules and warnings.
- Poison control 1-800-222-1222. DO NOT USE syrup of ipecac.
- Ensure age appropriateness of toys. Be wary of things that could easily be swallowed, have sharp edges or points, or could be used as projectiles.
- Continue close supervision in the street, yard and swimming pool or bath.
- Make sure there is no access to guns or weapons.

MISCELLANEOUS

- Time for first formal dental visit.
- Television time and programs watched should be carefully monitored. See TV handout.
- Modifying unwanted behavior is best accomplished either by "ignoring" or use of "time out" technique.
- Begin "pre-school" programs.

RESOURCES

- Creative Parenting by Sears
- Between Parent & Child by Ginott
- Birth to Five Years by AAP
- Washington Post Weekend Guide
- 1-2-3 Magic By Thomas Phelan
- The Explosive Child By Ross Greene
- Setting Limits with Your Strong Willed Child.