



Three Year Preventive Exam

Three is the age of imagination. You may notice creative play, abstract thinking, and make-believe playmates. She may also have nightmares or be afraid of monsters in her room. Comfort and reassurance usually help. Be careful not to let her concerns become a bad habit. You may have to insist she stay in her room at night in spite of fears. Most three-year-olds enjoy interactive play with peers. You may notice distinctive personality characteristics. Some kids are shy and need to be introduced to others gradually in safe surroundings. Others are overly aggressive and need to be separated from others until they can play nicely. Most children are toilet trained, at least during the daytime. Continue positive encouragement; never force her to sit on the potty when she doesn't want to be there. This is a common age for kids to explore their genitals. It is completely normal, but you may want to teach her when and where it is appropriate.

Development

Your child should speak in clear sentences that are understandable to you and also to others. There is often some minor stuttering at this age. Being with other kids in a preschool setting often helps. If stuttering becomes excessive, please give us a call. Teach him the ABC song, and work on counting. Reading to him is one of the best things you can do for him.

By three years of age, many kids can pedal a tricycle, balance briefly on one foot, alternate feet ascending stairs, build a tower of 9 cubes, copy a circle or cross, do simple puzzles, dress themselves, and recognize colors.

This is the time to schedule a dental appointment if you haven't already. Many kids do better with a pediatric dentist. We can recommend a good one in your area. Limit screen time to about an hour a day, maximum. Do not use TV, phone or iPad as a substitute for interaction with your child. Turn them off during meals. Watch and discuss programs with her when possible. Always remember to show affection and praise your child for good behavior.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

A FEW SAFETY REMINDERS: WEAR YOUR SEATBELT WHENEVER YOU ARE IN THE CAR AND BE SURE TO SNAP YOUR CHILD INTO A CAR SEAT. KEEP ALL FIREARMS SAFELY LOCKED UP AND BE VERY CAREFUL AROUND SWIMMING POOLS.