

**Bloomfield Hills: 248-203-6620**

**Farmington Hills: 248-788-2100**

**Three Year Exam**

**Height** \_\_\_\_\_

**Weight** \_\_\_\_\_

**Nutrition:** Decreased appetite may continue, as well as being a picky eater. Discourage high calorie snacks, junk food, and soda pop. Encourage eating at the table only, not in front of the TV. Offer small portions. Continue fluoride supplementation in the absence of fluoridation of water supply. A chewable multivitamin may be given daily if adequate nutrition is a concern.

**Development:** Walks up stairs, jumps, kicks a ball, pedals a tricycle, opens doors, feeds self, dresses self partially, verbalizes toilet needs, intelligible speech, uses sentences, recites simple rhymes, likes creative play, knows his/her name, age, and sex, can copy a circle, beginning to recognize colors, and can use crayons.

**Immunizations/Tests:** Urinalysis if potty trained, hemoglobin and blood pressure.

**Social:** Child separates from parents easier, likes to play alone or with another child (play groups, story hour, nursery school readiness program), may have imaginary playmates, likes to help with household tasks, is beginning to share and take turns. This is the age of pleasing the parents and conformity. Encourage good literature. Limit TV viewing. May benefit from pre-school.

**Toilet Training:** This may have been completed, but nighttime wetting may continue for some time.

**Teeth:** Daily brushing. It is time for the first dental check-up. It is helpful to observe a parent or a sibling at the dentist prior to the first visit.

**Safety:** Animal (pet) safety, street safety, car seats until 40 pounds and then booster seat until 80 pounds, water safety, swim lessons. Never leave child alone in any depth of water. Continue to use a gate on top of stairs. Even though your child is “good” on stairs, he/she is easily distracted and does not understand the danger of falling. Also, talk to your child about not following strangers and not accepting or touching anything they don’t like.

**Common issues:** Persistent thumb sucking, masturbation (normal behavior), poor appetite, shyness/oppositional behavior, the “why” stage, limited sense of time.

*Next exam is at four years of age.*