



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
Fax: 208.356.9141

For Fever: (> 101°)

Acetaminophen
15 mg/kg or 2
chewable (80 mg)
tablets every 6
hours as needed
or

Ibuprofen (not Aspirin)
10 mg/kg every 6
hours as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 3 Years

HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Children often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks (yogurt, peanut butter, cheeses, crackers, dry cereals).
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Brush your child's teeth daily with a pea-sized amount of toothpaste.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your child's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Make sure any playground environment is safe.
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Avoid choke hazards (peanuts, popcorn, hard candy, chewing gum).
- Use a bike helmet for your child (and yourself) if riding on the back of a bike and when learning to ride alone.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place gates on stairways and bedroom doorway to protect against falls down stairs at night, if necessary.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach.

YOUR CHILD SHOULD...

- Know his or her name, age and sex.
- Be able to copy a circle and a cross.
- Jump; kick and throw a ball.
- Ride a tricycle.
- Be understood by most strangers.
- Successfully (or almost) potty-trained.

YOU SHOULD...

- Praise your child at every opportunity.
- Talk and sing regularly with your child.
- Listen to music together with your child.
- Continue to read books interactively with your child.
- Encourage opportunities for safely exploring his or her environment .
- Reward good behavior as much as possible. Discourage bad behavior when necessary.
- Be consistent with rules. You decide how strict or liberal to be, just make sure you are consistent.
- Keep discipline brief. "Time-out" is usually effective at this age.
- Offer choices to your child at every opportunity to allow decision making.
- Not allow hitting, biting or mean behavior.
- Allow for self-care opportunities.
- Have a bedtime routine and put your child to sleep in his or her own room. If they wake up at night, take them back to their own room and, if needed, lay down with them in their room until they are asleep again.
- Expect nightmares or night terrors on occasion. They should become less frequent.
- Eat meals as a family.
- Expect a poor appetite and don't argue with your child about not eating well.
- Try to allow expression of feelings (anger, joy, sadness, fear).
- Encourage potty training (usually successful between 18 months to 3 years).
- Expect self-exploration of genitalia. Use correct anatomy terminology. Answer sex-related questions in a simple manner.
- Expect your child to share, reward him or her when he or she does.