

## Princeton Nassau Pediatrics, P. A.

Princeton Shopping Center  
301 North Harrison Street, Princeton, New Jersey 08540  
609-924-5510  
196 Princeton Hightstown Road, West Windsor, New Jersey 08550  
609-799-5335

### 3 Year Well Visit

#### *What your child may be doing now:*

- Jumping
- Knows his or her name, age and sex.
- Dressing and feed himself
- Drawing lines and circles

#### *Feeding:*

- Offer your child 2 cups milk/day, and no more than one cup of juice
- Feed your child 3 meals daily plus snacks. Try to have meals as a family
- Offer a variety of healthy foods every day-even if your child does not like something the first time, keep trying!
- Balanced eating: fruits at least 2-3 times/day, vegetables at lunch, dinner and as snacks, lots of grains, and protein foods twice daily
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

#### *Parenting:*

- Brush teeth with a soft toothbrush every day. Start using a pea-sized amount of toothpaste. Schedule your first dental visit.
- Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Try to limit TV to no more than one hour per day.
- Read books to your child.
- If your child is not yet potty trained, work on it now. Let your doctor know if you are having difficulty with potty training resistance.

#### *Safety*

- Use a car seat for every ride.

- Drivers can't see small children- watch your child very carefully in your driveway and in parking lots.
- Prevent drowning-supervise your child at all times when near water
- Use sun block whenever you are out.
- Childproof your home- cover electrical outlets; install latches on cabinets; keep cleaning products out of reach, etc.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

#### *Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.

#### *When to call the office:*

- Most toddlers get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the use of over-the-counter cold medicines for toddlers. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F for more than a day, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

#### *Web Resources*

- [Communication and your child](#)
- [Toilet training resistance](#)
- [Learning and exploring](#)