



THREE YEARS

Name _____ Date _____

Weight _____ Length _____ Body Mass Index _____

Blood Tests: (done by finger prick)

1. Hemoglobin. This test will determine if your child is anemic. We will have the result immediately and let you know if any treatment is needed.
2. Lead Test. This test determines how much lead is in your baby's blood stream. We send this test out to a laboratory and receive results in about two weeks. We will contact you if your child's level is elevated.

Office Hours: We are available 24 hours a day, 365 days a year!

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary) – Urgent visits only



Telephone Coverage: Longwood Pediatrics has 24-hour telephone coverage.

Please ALWAYS call us before going to any emergency room.

- Monday-Friday: 8:30am-5:30pm – to schedule appointments or leave a message for the nursing staff. This is the best option for general medical questions and to make appointments.
- Saturdays, Sundays, and Holidays: 9am – 12pm to schedule an urgent appointment – please call early in the day.
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

Appointment Scheduling:

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule next year's well visit, today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back the same day.

Communication:

We encourage all families to use MyChart, our patient portal. With MyChart you are able to communicate with your child's provider through messaging, book appointments, see your child's medical history and more. Sign up at the front desk today!

Like us on Facebook 

Next Visit:

Your child's next routine visit will be at four years old. At that visit, Diphtheria/Tetanus/Pertussis (DTaP), Polio (IPV), Measles-Mumps-Rubella (MMR), and Varicella [Chickenpox] vaccinations are given.

Updated 7/25/16

BRIGHT FUTURES HANDOUT ► PARENT

3 YEAR VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Take time for yourself and to be with your partner.
- Stay connected to friends, their personal interests, and work.
- Have regular playtimes and mealtimes together as a family.
- Give your child hugs. Show your child how much you love him.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Give your child the chance to make choices.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.

✓ EATING HEALTHY AND BEING ACTIVE

- Give your child 16 to 24 oz of milk every day.
- Limit juice. It is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% juice and always serve it with a meal.
- Let your child have cool water when she is thirsty.
- Offer a variety of healthy foods and snacks, especially vegetables, fruits, and lean protein.
- Let your child decide how much to eat.
- Be sure your child is active at home and in preschool or child care.
- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active together as a family.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Be aware of what your child is watching.
- Don't put a TV, computer, tablet, or smartphone in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

✓ PLAYING WITH OTHERS

- Give your child a variety of toys for dressing up, make-believe, and imitation.
- Make sure your child has the chance to play with other preschoolers often. Playing with children who are the same age helps get your child ready for school.
- Help your child learn to take turns while playing games with other children.

✓ READING AND TALKING WITH YOUR CHILD

- Read books, sing songs, and play rhyming games with your child each day.
- Use books as a way to talk together. Reading together and talking about a book's story and pictures helps your child learn how to read.
- Look for ways to practice reading everywhere you go, such as stop signs, or labels and signs in the store.
- Ask your child questions about the story or pictures in books. Ask him to tell a part of the story.
- Ask your child specific questions about his day, friends, and activities.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Family Media Use Plan: www.healthychildren.org/MediaUsePlan
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

3 YEAR VISIT—PARENT

✓ SAFETY

- Continue to use a car safety seat that is installed correctly in the back seat. The safest seat is one with a 5-point harness, not a booster seat.
- Prevent choking. Cut food into small pieces.
- Supervise all outdoor play, especially near streets and driveways.
- Never leave your child alone in the car, house, or yard.
- Keep your child within arm's reach when she is near or in water. She should always wear a life jacket when on a boat.
- Teach your child to ask if it is OK to pet a dog or another animal before touching it.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

WHAT TO EXPECT AT YOUR CHILD'S 4 YEAR VISIT

We will talk about

- Caring for your child, your family, and yourself
- Getting ready for school
- Eating healthy
- Promoting physical activity and limiting TV time
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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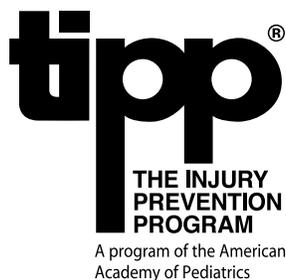
The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

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2 to 4 Years



2 TO 4 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. Children *learn quickly*, and before you know it your child will be *jumping, running, riding* a tricycle, and *using tools*. Your child is at special risk for injuries from falls, drowning, poisons, burns, and car crashes. Your child doesn't understand dangers or remember "no" while playing and exploring.

Falls

Because your child's abilities are so great now, he or she will find an endless variety of dangerous situations at home and in the neighborhood.

Your child can fall off play equipment, out of windows, down stairs, off a bike or tricycle, and off anything that can be climbed on. **Be sure the surface under play equipment is soft enough to absorb a fall.** Use safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches underneath play equipment. Install the protective surface at least 6 feet (more for swings and slides) in all directions from the equipment.

Lock the doors to any dangerous areas. **Use gates on stairways and install operable window guards** above the first floor. Fence in the play yard. **If your child has a serious fall or does not act normally after a fall, call your doctor.**

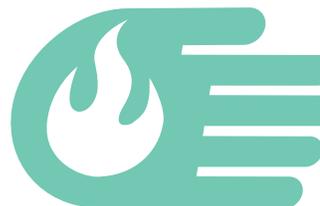
Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. If you keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. **Handguns are especially dangerous.** Ask if the homes where your child visits or is cared for have guns and how they are stored.

Burns

The kitchen can be a dangerous place for your child, especially when you are cooking. If your child is underfoot, hot liquids, grease, and hot foods can spill on him or her and cause serious burns. Find something safe for your child to do while you are cooking.

Remember that kitchen appliances and other hot surfaces such as irons, ovens, wall heaters, and outdoor grills can burn your child long after you have finished using them. Also, when you use the microwave stay nearby to make sure your child does not remove the hot food.



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If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Poisonings

Your child will be able to *open* any drawer and *climb* anywhere curiosity leads. Your child may *swallow anything* he or she finds. Use only household products and medicines that are absolutely necessary and keep them safely capped and out of sight and reach. Keep all products in their original containers. Use medications as directed and safely dispose of unused medicine as soon as you are done with it.

If your child does put something poisonous in his or her mouth, call the Poison Help Line immediately. Add the Poison Help number (1-800-222-1222) to your phone contacts list. Do not make your child vomit.



And Remember Car Safety

Car crashes are the **greatest danger** to your child's life and health. The crushing forces to your child's brain and body in a collision or sudden stop, even at low speeds, can cause injuries or death.

To prevent these injuries, correctly USE a car safety seat EVERY TIME your child is in the car. It is safest for children to ride rear facing as long as possible, until they reach the highest weight or height allowed by the manufacturer. Many convertible seats have limits that will permit children to ride rear facing for 2 years or more. When they outgrow rear facing, children should ride forward facing in a car safety seat with a harness. Many of these can be used up to 65 pounds or more, and this will help provide the most protection possible.



The safest place for all children to ride is in the back seat. In an emergency, if a child **must** ride in the front seat, move the vehicle seat back as far as it can go, away from the airbag.

Do not allow your child to play or ride a tricycle in the street. **Your child should play in a fenced yard or playground.** Driveways are also dangerous. Walk behind your car before you back out of your driveway to be sure your child is not behind your car. You may not see your child through the rearview mirror.

Remember, the biggest threat to your child's life and health is an injury.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



Selecting Snacks for Toddlers

Toddlers use a lot of energy to grow and play, and their little stomachs can't hold enough food to keep them from getting hungry between meals. Many young children need both a morning and an afternoon snack. These should be timed so they will still be hungry for lunch and dinner.

Snacks should include a balance of healthy foods ([/English/ages-stages/gradeschool/nutrition/Pages/Making-Healthy-Food-Choices.aspx](#)). Children often come to think of a "snack" as a time to eat highly processed foods. You can help avoid this trap by serving freshly prepared foods to your children—even at snack time.



Healthy Snack Options for Toddlers:

Fresh fruits

- Apples, bananas, peaches, nectarines, pears (thinly sliced for safety)
- Cherries, grapes, plums (sliced or smushed and pitted)
- Orange or grapefruit sections (cut into pieces)
- Strawberries

Dried fruits

- Apples, apricots, peaches, pears (cut up)
- Dates, prunes (pitted, cut up)
- Raisins or cranberries

Vegetables

- Carrots, green beans (well cooked, diced)
- Steamed cauliflower, broccoli
- Yams or sweet potatoes (cooked and diced)
- Peas (mashed for safety; a child can inhale whole peas)
- Steamed, pureed spinach or greens
- Avocado slices or small cubes

Dairy products

- Cheese (grated or diced)
- Cottage cheese
- Yogurt, fresh or frozen
- Milk, including non-dairy milk alternatives

Breads and cereals

- Whole wheat bread
- Whole grain tortilla, pita, or bagels cut into small pieces
- Crackers (graham, whole grain)
- Whole grain dry cereals
- Rice cakes (for older toddlers)

Lean proteins

- Fish (</English/news/Pages/AAP-Says-US-Children-Not-Eating-Enough-Seafood.aspx>) (canned tuna, salmon, sardines, whitefish) [Back to Top](#)
- Peanut (</English/health-issues/conditions/allergies-asthma/Pages/Peanut-Allergies-What-You-Should-Know-About-the-Latest-Research.aspx>) butter or other nut butters (smooth, spread thinly on whole grain bread or crackers)
- Edamame beans or chickpeas (steamed or mashed) or hummus spreads
- Cooked tofu cubes or tofu dip
- Hard boiled eggs

Snacks Toddlers Should Avoid:

Big chunks of any food are dangerous for children under than age 4 and pose serious choking hazards. For this reason, raw veggies and some fruits such as carrots, apples, whole cherry tomatoes, whole green beans, and celery should be cut into small pieces and/or cooked to minimize the choking risk. Nuts, peanuts, popcorn, and large amounts of sticky foods like peanut butter are also choking hazards. *See [Unsafe Foods for Toddlers](/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx) for more examples.*

Heavily processed foods (</English/healthy-living/nutrition/Pages/Food-Additives.aspx>) should also be avoided; they tend to be low in nutritional value and high in salt and added sugar.

Additional Information from HealthyChildren.org:

- [Sample Menu for a Two-Year-Old](/English/ages-stages/toddler/nutrition/Pages/Sample-One-Day-Menu-for-a-Two-Year-Old.aspx)
- [Choosing Healthy Snacks for Kids](/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx)
- [Avoiding Food Traps](/English/healthy-living/nutrition/Pages/Avoiding-Food-Traps.aspx)
- [Preschoolers' Diets Shouldn't Be Fat-Free: Here's Why](/English/ages-stages/preschool/nutrition-fitness/Pages/Reducing-Dietary-Fat-for-Preschoolers.aspx)
- [Airplane Choo Choo: A Feeding Guide for Children](https://www.usdairy.com/news-articles/airplane-choo-choo-a-feeding-guide-for-children) (National Dairy Council)

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