



3-Year Checkup

Date:

Weight:

Height:

BMI %:

"I make a game out of having her try a new food, and she often discovers she loves it!"

—Kaiser Permanente mom

Your child may be ready to ...

- Notice other children and join them to play.
- Say their first name when asked.
- Draw a circle, when you show them how.
- Put on some clothes by themselves.

All children develop at their own pace. If you have concerns about your child's development, talk with their doctor.

- Avoid foods that may cause choking, such as whole hot dogs, nuts, chunks of meat, cubes of cheese, whole grapes, or popcorn.
- Offer water when your child is thirsty. Limit milk to 2 cups (16 ounces) per day. Too much milk can spoil your child's appetite and increase the risk of anemia (low iron in the blood).
- Don't give your child soda or other sweet drinks. Juice is not recommended. If you choose to give it, limit it to ½ cup of 100% whole juice per day.
- Don't use food as a reward for good behavior.
- Ask us about programs like WIC or CalFresh if you need financial support for food.
- Read stories to your child every day. Your child may love to hear the same story over and over, and it helps them learn to read too.
- Look for ways to practice reading everywhere you go. Point out stop signs or "open/closed" signs in stores.
- Ask questions as you read together. Let your child tell part of the story.
- Ask your child to tell you about their day, friends, and activities. When you listen, you show your child they're important.
- Help your child's imagination grow by playing make-believe and dress-up.
- Give your child chances to play with other young children.

Managing behavior

Set simple rules that your child can follow. Let them know what behavior you expect. To reinforce positive behavior:

- Notice when your child is being cooperative and praise them.
- Practice being calm and clear with your child.
- Give them a logical consequence if they continue to misbehave. (For example, if your child is throwing food, take it away.)

If you need help managing challenging behavior, we can recommend resources and techniques that have been helpful for other parents.

Eating



Offer a variety of healthy foods with lots of fruits and veggies every day.

- Serve 3 healthy meals and 2 nutritious snacks per day. Add variety. Even if your child doesn't seem to like some foods at first, keep trying! It can take many tries before a child starts liking a new food.
- Make mealtime family time. Talk with each other and turn off screens (TV, phones, video games) and other distractions.

Healthy snacks include:

- Low-sugar cereal and low-fat milk
- Smooth peanut butter
- Small sandwiches on whole-wheat bread
- Fruit (fresh or dried, cut up, pitted)
- Yogurt
- Cooked, diced vegetables
- Grated cheese

Parenting



Connect through stories, songs, and games.

- Play games, talk, and sing to your child every day.
- Give them lots of affection.

Toilet training

If your child hasn't learned to use the potty yet, it can be frustrating. Remember that frequent reminding, lecturing, or nagging can make it worse. Your child will learn to use the potty when they're ready. Staying dry at night usually doesn't occur until ages 3 to 6.

- Never force or pressure your child to sit on the potty.
- Praise or reward your child for any cooperation or success. Don't scold or punish them for accidents.
- A star or sticker chart can encourage some kids to use the toilet every day. Place stars on a calendar to keep track of their success.
- Stop potty training if your child holds in stools (poop). This can cause constipation (hard, infrequent, or painful stools). Put your child in diapers at nap time and bedtime, and give them natural fiber, such as bran muffins and granola bars, or prune juice to help soften stools. Make sure your child drinks water throughout the day. Contact us if it has been more than 3 days since your child has pooped and seems uncomfortable.

Healthy habits



Help your child thrive as they grow.

- Don't let anyone smoke or vape any substance around your child. Smoking increases the risk of ear infections, asthma, colds, and pneumonia.
- Take your child for walks and spend time outdoors together. Active play is important for your child's development.

- Protect your child from the flu and other serious diseases. Keep up with all recommended immunizations.
- Set an early bedtime and stick to a routine. Encourage naps, or a quiet rest each day.
- Keep your child out of the sun as much as possible. Stay in the shade and cover up. Apply sunscreen with an SPF of at least 15 if your child is outdoors.
- Brush your child's teeth 2 times per day with a soft toothbrush and a pea-sized amount of fluoride toothpaste. Let them practice brushing, too.
- Limit screen time. Children learn best by playing with you and other people—not from videos, games, or apps.
- If you do allow screen time, keep it brief. Choose content made for preschoolers. Watch with your child and talk about what you see.
- Lock away anything dangerous, including medications, cleaning supplies, cigarettes, alcohol, vaping liquid, matches, and lighters.
- Call the California Poison Control hotline at 800-222-1222 right away for help if you think your child has been exposed to any dangerous substance. You can also call our 24/7 Appointment and Advice Call Center at 866-454-8855.
- Place gates at the top and bottom of stairs, and guards on windows.
- Move furniture away from windows.
- Hold your child's hand in a crowd or near traffic. Children can be unpredictable and move quickly at this age.
- Have another adult hold your child a safe distance away from the car when you're backing out of the garage or driveway.
- Don't leave your child alone in the car, even for a minute.
- It's safest not to have a gun in your home. If you do have one, keep it secure in a lockbox, case, or safe. Store all firearms unloaded and locked. Lock up ammunition separately.

Safety



Keep your toddler safe at home and on the road.

- Continue to use a properly installed car seat in the back seat for every ride. Keep the seat rear-facing until your child reaches the top height or weight recommended by the manufacturer. Once kids outgrow their rear-facing seat, switch to a forward-facing seat with a harness.
- Never leave your child alone in the bath or around water, even for a second.
- Reduce lead poisoning risk. Tell us if your child spends time in a house built before 1978. Remove shoes and damp mop regularly.

Your next checkup is at 4 to 5 years.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your child's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.