

Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



Routine Physical Exam: 3 years

Development

-He/she should:

- Pedal a tricycle, walk up and down stairs alternating feet, run and climb well
- Hope & stand on one foot for up to 5 seconds, walk forward & backward easily
- Kick, throw, catch a ball
- Bend over without falling
- Copy a circle, turn rotating handles, fold paper in half
- Dress/undress self with simple clothing
- Turn single pages in a book, build a tower with 4 or more blocks

- Speech dysfluencies, such as stuttering, may appear and are common. Your child's brain is working much faster than he/she can get the words out. Be patient and give your child time to speak.
- Your preschooler is very curious and loves to ask a lot of questions, frequently asking "Why?".
- Imagination is very active now so your child may pretend and fantasize more creatively.
- Your child should have a large vocabulary of over 250 words, speaks in full sentences using 5-6 words & be intelligible 75% of the time. He/she should be able to follow three part commands.
- Your child should recognize and correctly name colors and be able to sort objects by shape and color.
- Your child is becoming more social and beginning to interact and play with other children. He/she may begin to cooperate with other children and take turns, and can understand "mine" and "yours".
- He/she is more independent emotionally and can have a wide range of emotions (happy, sad, bored, angry, etc.).
- Visit: www.HealthyChildren.org, search topics like "Toddler Growth and Development"

Safety

- Children of this age are at high risk for injury due to falls, poisonings, and burns. Their natural curiosity combined with their impulsivity can get them into dangerous situations both inside and outside the home. Injuries often happen because parents are not aware of their children's abilities to get into things, so close supervision is important!
- Your child must be secured in a car seat for every ride! Children should be in a forward facing car seat with a harness at this age. Seat weight and height requirements should be followed carefully. Children should be in the back seat only.
- Review your home's childproofing as your child becomes increasingly mobile & curious. He/she needs constant supervision & protection against hazards. Lock doors to dangerous areas, lock windows, cover outlets, keep all medicines out of reach, and secure cabinets with childproof mechanisms.
- Limit total screen time (TV, videogames, computer, iPad, etc.) to less than 1 hour per day.
- Your hot water heater should be set no higher than 120 degrees.
- Kitchens can be especially dangerous at this age, making children susceptible to burns from hot liquids, hot foods, grease, and hot surfaces.

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- Your child should play in a fenced yard or playground. Use caution around swimming pools and other water (hot tubs, bathtubs, toilets, buckets of water). Pools should be secured with fence and self-latching gate. Never allow your child to play in the street.
- Always wear protective equipment for activities (bikes, scooters): appropriate sized helmet, wrist/elbow/knee pads.
- Use sunscreen and sunglasses.
- Maintain a smoke-free environment. Children exposed to smokers/second hand smoke are more susceptible to ear infections, breathing problems, and wheezing.
- Gun safety can be a tough topic to address but it is important. If it is necessary to keep a gun in your home, be sure it is stored unloaded and securely locked. Ammunition should be stored separately and also locked.
- Your child will be able to open any drawer, climb anywhere curiosity leads, and swallow anything he/she finds. Keep all household products and medicines safely capped and out of reach of your child. Keep all products in their original containers. If your child does ingest something poisonous, call the poison control help line immediately! Poison Control 1-800-222-1222
- Visit: www.HealthyChildren.org, search topics like "Infant & Toddler Car Seat Safety", "Sun and Water Safety", "Childproofing Your Home"; www.SeatCheck.org

Sleep

- Your child needs up to 12-14 hours of sleep per night and a single 1-3 hour nap each afternoon. If your toddler refuses to nap, encourage quiet time instead. At this age, children can have a harder time getting to sleep if overtired.
- With active imaginations, nightmares are common. Active dreaming begins at this age and often preschoolers cannot distinguish imagination from reality. Be mindful of any screen time or books your toddler is exposed to just before bedtime.
- Separation anxiety resulting in sleep disruptions can resurface at this age and be based on actual fears, like being left alone or the dark, or not wanting to miss out on something fun.

Nutrition

- Give three meals per day and offer 2-3 nutritious snacks. Let your child decide what and how much to eat from an assortment of healthy foods. Offer well cooked vegetables, low sugar cereals, yogurt, cheese, whole grain breads, nut butter, lean meats and fish.
- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables. Limit high fat or low nutrient foods & beverages.
- Continue lowfat milk.
- Share family meal time to make meal time pleasant, encourage conversation, and avoid distractions at the dinner table (no TV or mobile devices).

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- Brush teeth daily with a smear of toothpaste containing fluoride. Your child should be seeing the dentist for routine visits.
- Vitamin supplements are not routine – talk about them with your pediatrician.
- Visit: www.ChooseMyPlate.gov

Family/Social and Behavior

- Establishing routines around bedtime, mealtimes, and playtimes is important.
- Create opportunities for your family to share time together and for family members to talk and play with your toddler. Spend individual time with each child in your family.
- Talk, praise, sing, and read to your child.
- Discipline becomes increasingly important. Set a small number of specific rules, communicate them clearly to your child, and enforce them. Keep disciplinary measures brief. Use “time-out” in a safe place for one minute per year of age. Avoid shouting, spanking, or long explanations.
- Suggest acceptable alternatives.
- Praise good behaviors.
- Take some time for yourself and spend some individual time with your partner. Seek support and understanding about being a parent from people you trust.

Office Policies

- We like to see infants at regular intervals: 1, 2, 4, 6, 9, 12, 15, 18 months, 2 years, and then annually thereafter. We schedule 3 months in advance. We try to alternate visits between your child’s pediatrician and pediatric nurse practitioners (PNP).
- We follow the recommended vaccine schedule as indicated by the American Academy of Pediatrics & Centers for Disease Control. View vaccine information statements (VIS) at: www.immunize.org/vis
- Please note that many insurance companies require referral authorizations for outpatient appointments, urgent care visits, & other services. It is your responsibility to understand your insurance benefits so you should familiarize yourself with your plan’s referral requirement. Please call the Referral Department if you need to request a referral at 781-933-0254.
- Sign up for the Patient Portal to access vaccine history, lab results, and request refills. You may also sign up for text and voice appointment reminders. See a staff member for details!
- Traveling outside of the country in the next few months? Be sure to contact our nurses to determine if your child will need travel vaccines/medications prior to departure.

When should you call for help?

You are concerned that your child is not growing or developing normally

You are worried about your child’s behavior

You need more information about how to care for your child, or you have questions or concerns