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Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % BMI \_\_\_\_\_ % B/P \_\_\_\_\_ P \_\_\_\_\_

**THREE- YEAR VISIT**

Keep your child in the car seat until 8 years old.

Start teaching pedestrian and bicycle safety but continue to supervise outdoor play; you can also start swimming lessons. Use a bicycle helmet.

Continue well-balanced meals with a variety of foods, nutritious snacks, independent self-feeding, ½ chewable multivitamin with minerals tablet, and avoid struggles over food – give small portions of food with seconds available.

If your child has not had his/her first dental appointment, make that appointment now.

Experiences out-of-home are important for preschoolers – preschools, daycare, play groups, etc.

Imaginary friends are a normal part of many preschoolers' lives.

Fears become more prominent – may make bedtime more difficult or cause child to come into parent's room during night; nightmares can waken child.

Curiosity about babies and sex differences are common.

Preschooler's ability to color and draw improves – stimulate with crayons and coloring books; continue to read to your child and limit TV viewing to 1 hour.

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

DTaP                  Hib                  MMR    Polio                  Prevnar                  Hep B                  Hep A    Chicken Pox    Menactra  
Flu

**NEXT WELL CHILD VISIT:**

At 4 years of age: Dtap, Polio, Varicella, and MMR boosters will be given at this time. Child may need a Prevnar booster. Complete vision and hearing screening will be done also.