

3 YEAR VISIT

Date: _____

Name _____

Age _____ Weight _____ Height _____

Bright Futures



At Today's Visit

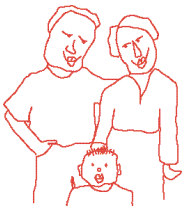
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- Questions or concerns about toilet training.
- Your child's ability to feed and dress himself.
- New words and phrases your child has recently learned.
- Arrangements for child care, preschool, or early intervention programs.
- Your child's ability to understand and follow some specific rules.
- Changes in your family since your last visit.
- Some things your child can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Help your child wash his hands after toileting and before eating.
- Keep hazards out of your child's reach (medicines, hot liquids, matches, poisons, guns, cords).
- Know where your child is at all times. Teach her not to talk to strangers.
- Do not expect young siblings to supervise your child.
- Teach your child to brush his teeth with a pea-size amount of fluoridated toothpaste.
- Expect normal curiosity about body parts and use correct terms.
- Praise your child, and encourage her to talk with you.
- Spend individual time with your child. Read together.
- Limit TV and video viewing to less than 1 hour a day. Watch programs with your child and discuss them together.
- Be sure that playgrounds are safe and carefully maintained.
- Help siblings learn how to resolve problems and handle their anger.



How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child's health and immunization records.
- Bring in reports from preschool, child care, or early intervention programs.
- Talk with your child about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Talk with family members and your child's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations.