

3 years - well child care

Arrival Time: _____

Household

Who lives in the home (e.g. Father, mother, brother, etc.)? _____

Does your child attend daycare?	Yes	No
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Development

Stands on one foot	Yes	No
Walks up and down stairs	Yes	No
Rides a tricycle	Yes	No
Hops briefly on one foot	Yes	No
Cuts with small scissors	Yes	No
Uses at least 10 words	Yes	No
Uses 2 word phrases	Yes	No
Toilet trained or showing interest	Yes	No
Combines sentences using and, or	Yes	No
Identifies at least 4 colors	Yes	No
Counts to 5	Yes	No
Gives direction to other children	Yes	No
Plays a role in pretend games	Yes	No

Nutrition

Drinking 16 oz. of 1-2% milk	Yes	No
well balanced diet	Yes	No
Well water or city water?	Well	City

Bowel habits

How many stools a day?

What do the stools look like (soft, seedy, loose)? _____

Sleep Pattern

Sleeping overnight?

Safety?

Is carseat forward facing in the back seat?	Yes	No
Any smokers at home?	Yes	No
Any guns in the home?	Yes	No
Is water temperature less than 120 degrees?	Yes	No
Do you have a swimming pool?	Yes	No

Miscellaneous

Any questions or concerns? If yes, what are they?	Yes	No
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Preventive Screen Questionnaire

Lead Risk Assessment:

Does your child live in a house or attend daycare in a house built before 1978?	Yes	No
Is anyone in your home being treated for lead poisoning?	Yes	No
Are there any renovations or peeling paint in your home or one your child visits?	Yes	No
Is there any family member who is currently working in an occupation or hobby where lead exposure could occur?(auto, ceramics, painter)	Yes	No

Tuberculosis Risk Assessment:

Was your child born in, or lived more than a year in a country other than the U.S.?	Yes	No
Has your child been exposed to anyone with either active or a history of Tuberculosis disease?	Yes	No
Is your child living in a house hold with anyone who is HIV Positive?	Yes	No
Is your child part of a migrant worker family?	Yes	No

Heart Disease/Cholesterol Risk Assessment:

Is there a family history of parents/grandparents under 55 years of age with a heart attack, heart surgery, angina or sudden cardiac death?	Yes	No
Has the child's mother or father been diagnosed with high cholesterol? (240 mg/dL or higher)	Yes	No
Is the child/adolescent overweight?	Yes	No
And is there also a personal history of:		
Smoking?	Yes	No
Lack of physical activity?	Yes	No
High blood pressure?	Yes	No
High cholesterol?	Yes	No
Diabetes mellitus?	Yes	No

ADVICE FOR PARENTS

Parents are the teachers of food habits. As children grow, they are watching for clues on food choices. Children will copy many habits, likes and dislikes. When making food choices, actions speak louder than words. If you want your child to develop a preference for nutritious foods, consider the following:

- ★ Develop good food habits yourself.
- ★ Avoid talk about foods you do not like. Talk about foods you enjoy.
- ★ Never assume that a child will not like a food. Give them a chance to try!
- ★ Be willing to try new recipes and foods.
- ★ If a child does not eat at mealtime, remain calm. When the next meal is served, give the child his/her food as you usually would. Any snack between meals should be nutritious.
- ★ Do not make an issue of refusal to eat. Some children choose this behavior because they get lots of attention.
- ★ Encourage a child to help in planning and preparing meals and snacks.
- ★ Serve regular meals and snacks.
- ★ Buy healthful food. Parents are the best judges of what a child should eat. Children are the best judges of how much they should eat.
- ★ Make mealtime pleasant.

SNACKS

Snacks make up an important part of a child's nutrition. Young children are growing rapidly. In planning snacks you need to select nutritious foods to help promote this rapid growth.

Plan snacks. Schedule them around the normal events of the day and in between the regular meals. Children should learn to get hungry, instead of feeling full all the time.

Snacks should include a variety of foods. Selections can be made from any of the food groups. Foods in the fats, oils and sugars group provide many calories but few nutrients. Foods from this group should be used only occasionally.

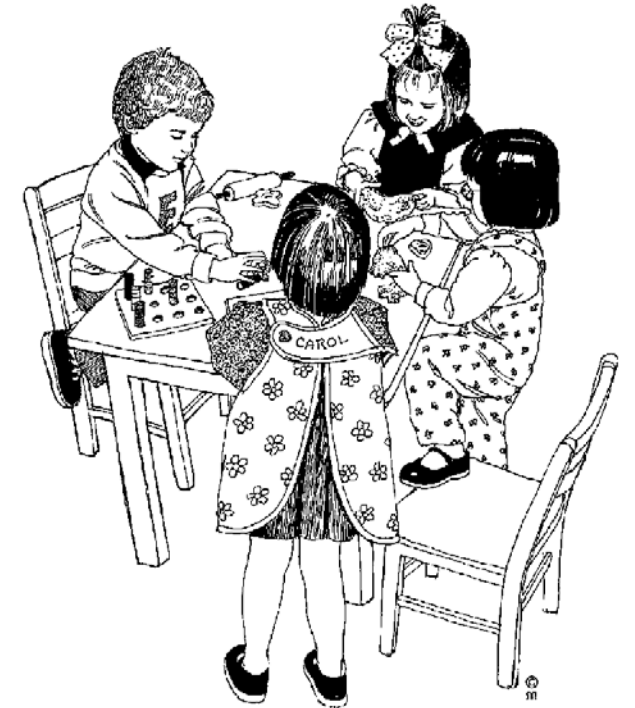
SMART SNACK IDEAS

Fresh fruit
String cheese
Crackers

Fruit juices
Yogurt
Dry cereal
Toast
Bagels
Milk
Custard
Vegetables
Vegetable juices


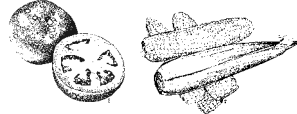







Feeding Our Future

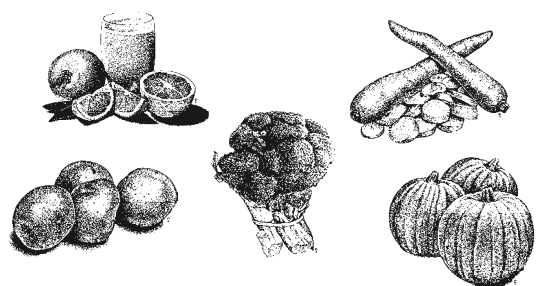


**Guidelines for
Feeding Children
(Ages 1 — 6)**

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FOOD GROUPS	SERVINGS DAILY	FOOD CHOICES	1-2 years	3-5 years	6 years	Servings Eaten	Difference
 Breads & Cereals	6 - 11	bread (any kind)	½ slice	½ slice	1 slice		
		muffins, biscuits, rolls, etc.	½	½	1 whole		
		cold, dry cereal	½ cup	½ cup	¾ cup		
		cooked cereal	¼ cup	¼ cup	½ cup		
		Pasta (macaroni, spaghetti noodles, etc.)	¼ cup	¼ cup	½ cup		
		snack crackers	3	4	6		
		saltines, grahams (1 square = ¼ cracker)	2	3	4		
 Vegetables	3 - 5	cooked	¼ cup	¼ - ½ cup	½ cup		
		raw	1/3 cup	½ cup	¾ cup		
		whole	½ medium or 1 small				
		juice	1/3 cup	½ cup	¾ cup		
 Fruits	2 - 4	cooked	¼ cup	¼ - ½ cup	½ cup		
		raw	1/3 cup	½ cup	¾ cup		
		whole	½ medium or 1 small				
		juice	1/3 cup	½ cup	¾ cup		
 Milk & Milk Products	4	milk (any kind)	½ cup	¾ cup	1 cup		
		yogurt	½ cup	¾ cup	1 cup		
		cheese	¾ oz.	1 to 1 - ½ oz.	2 oz.		
		cottage cheese	1 cup	1-1/3 cup	1 - ½ cup		
		pudding	½ cup	¾ cup	1 cup		
 Protein Foods	3	lean meat, fish, poultry (chicken, turkey, etc.)	1 oz.	1 - ½ oz.	2 oz.		
		egg	1	1	1		
		cooked dry beans and peas	½ cup	¾ cup	1 cup		
		peanut butter	2 TBSP.	3 TBSP.	4 TBSP.		
 Fats, Oils, Sugars	Occasionally	butter, margarine, mayonnaise, salad dressing, sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.	These foods provide calories, with few nutrients.				
 Water & Other Liquids	6 - 8	water, juice, milk, soup or other liquids	½ cup	¾ cup	1 cup		

VITAMIN C			
Eat one high or two good Vitamin C food sources per day.			
High Source		Good Source	
Cantaloupe	Grapefruit/ grapefruit juice	Baked potato with skin	Broccoli
Kiwi	Orange/orange juice	Brussels sprouts	Cauliflower
Strawberries	Green pepper	Honeydew melon	Mandarin orange
V-8 Juice		Pineapple/ pineapple juice	Tangerine
		Tomato/tomato juice	



VITAMIN A			
Eat one high or two good Vitamin A food sources for each Vitamin A serving needed 3-5 times a week.			
High Source		Good Source	
Carrots	Pumpkin	Cantaloupe	Kale
Mixed Vegetables	Dandelion greens	Greens: Collard, Mustard, Turnip	
Spinach	Sweet Potato	Mixed frozen vegetables	
		Winter squash: Acorn, Hubbard, Buttercup, Butternut. (Does not included Zucchini)	



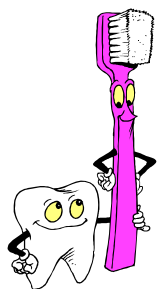
WHY DOES MY CHILD NEED FLUORIDE?

Making sure your child gets the right amount of fluoride is a great way to improve the care of your child's teeth.



HOW DOES FLUORIDE EFFECT MY CHILD'S TEETH?

- Fluoride helps make teeth stronger.
- Fluoride helps prevent cavities.



CAN MY CHILD GET TOO MUCH FLUORIDE?

Yes. Too much fluoride can cause fluorosis. Fluorosis causes the teeth of the child to pit or become discolored. Fluorosis starts when fluoride levels exceed 2.0 ppm.

HOW TO PREVENT FLUOROSIS?

- Keep toothpaste out of reach because children like to eat it.

Note: There is 1 milligram of fluoride on a toothbrush fully coated with toothpaste.

- Keep bottles of fluoride tablets and drops out of reach.
- If you have a home well, have it tested for fluoride.

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Fluoride

and

Water:

What Parents

Should Know



How can I get Fluoride?

1. H₂O! One way to get fluoride is through drinking water. In South Dakota, cities and towns with a population of 500 and over add fluoride to the public water system to make the fluoride content 1.2 parts per million (ppm).



2. Tablets or drops. If there isn't the right amount of fluoride in your drinking water, your doctor or dentist can prescribe fluoride tablets or drops.

3. Brush those teeth. Fluoride rinse and toothpaste help prevent cavities.

Remember, a small pea-size dab of toothpaste is plenty for small children.



Does my water have enough fluoride?

Some water systems do not have enough naturally occurring or added fluoride for maximum benefits to children's teeth.

If your child's water is not fluoridated, a fluoride supplement may be used. The amount of supplement needed will depend on your child's age and the amount of fluoride he or she is already receiving. Ask your doctor or dentist if your child should have a fluoride supplement and how much they should have. Both doctors and dentists can prescribe fluoride supplements.



Bottled Water...

Not all bottled water contains fluoride. Check to make sure water you and your child are drinking has added fluoride. If the information is not on the label, contact the individual company directly.

Bottled water that has been treated via reverse osmosis, distillation or deionization will have very little fluoride. This generally includes water from vending machines in grocery stores. Ask to make sure your child is getting the fluoride he needs.

Reminder:

Teach your child not to swallow toothpaste or rinses. If they swallow the tooth-paste or rinse, they may develop fluorosis.







CHOKING: WHAT EVERY PARENT NEEDS TO KNOW


- * Choking is a leading cause of death in young children and toddlers.
- * Children are most likely to choke on small objects.

COMMON CHOKING HAZARDS

FOODS	HOUSEHOLD ITEMS
Hot dogs and sausages	Coins
Chunks of meat	Toys with small parts
Grapes 	Small balls and marbles
Hard candy	Balloons 
Popcorn	Arts & crafts materials
Peanuts and nuts	Ballpoint pen caps
Raw carrots	Watch batteries
Fruit seeds	Jewelry
Apple chunks	
Peanut butter	



WHAT PARENTS CAN DO:

- Avoid feeding your child hot dogs, apple chunks, raisins, and other foods that can cause choking without an adult present.
- Use a highchair or infant seat while feeding your child.
- Don't allow your child to walk or run while eating.
- Cut hot dogs in quarters lengthwise and then into small pieces. Cut whole grapes into small pieces. Chop nuts and carrots finely. Spread peanut butter thinly on crackers or bread.
- Don't let your child play with toys that have small parts that could be swallowed. 
- Keep objects such as safety pins, nails, tacks, screws, jewelry, and coins out of child's reach.
- Check your house routinely for small objects and don't leave toddlers unattended.

REMEMBER:

- * **ALWAYS** watch your child while eating
- * **NEVER** leave your child alone while eating
- * **LEARN** CPR and the Heimlich maneuver.
- * **Call 911** if you are unable to get your child to breathe.

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