



## DOSING CHART

**Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.**

mL = milliliter tsp = teaspoon		Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
<b>Tylenol/Acetaminophen</b>	<b>Weight</b>				
	6-11 lbs.	1.25 mL	—	—	—
	12-17 lbs.	2.5 mL	—	—	—
	18-23 lbs.	3.75 mL	—	—	—
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	—
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders	

**Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.**

		Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
<b>Motrin/Ibuprofen</b>	<b>Weight</b>			
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	
72-95 lbs.	—	15 mL (3 tsp)	3 tablets	

**\*If under 6 months of age, please consult your pediatrician.**

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 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.  
 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.

## 3 YEAR CHECKUP

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Next Visit: **4 Years of Age**

### Dental Care

- Teach your child to brush his/her teeth daily.

### Nutrition

- It is time to start teaching basic table manners.
- He/she will still have specific food likes and dislikes.
- Your child should feed himself/herself entirely.
- Snacks are a great time to offer healthy foods like fruits, veggies, nut butters, or yogurt. Sugary/processed snacks do not provide the energy needed to grow, learn, and play.

### Motor Development

- Your child can hop and stand on one foot for up to 5 seconds, go up and down stairs, kick and throw a ball, put on clothing, and pedal a tricycle.
- He/she can draw circles, squares, draw a person with 2 body parts, and begin to copy some letters.

### Cognitive Development

- Your child can correctly name some colors, understands the concept of counting, has a clearer

sense of time, and can identify self as a boy or a girl.

### Social & Emotional Development

- Your child will be interested in new experiences and be more independent.
- He/she will have imaginary friends and will often not distinguish real from imaginary.
- It is helpful to allow your child to interact with other children outside the home.
- They will become curious about where babies come from and curious about the differences between boys and girls.

### Language Development

- Your child has a vocabulary of 300 to 1,000 words, speaks in 5 to 6-word sentences, speaks clearly to others, and tells stories.
- Stuttering is a very common thing and usually resolves with time.
- Read to your child every day.

### Discipline

- Be consistent in rewarding and punishing behavior. Make rules. Do not allow your child to hit, bite, or use other violent behavior. Give clear limits with consequences. Correct your child privately. Be sure to state the acceptable behavior and praise that behavior. Both you and your caregivers should be consistent.

### Safety

- Guard against falls from windows and down stairs.
- Continue to use car seats. The safest car seat is the one your child is in, until they have outgrown the height and weight for that car seat. Booster seats should NOT be used for children under 4 years old or 40 pounds.
- Watch children playing near streets.
- Store knives out of reach.
- If it's necessary to keep a gun in the house, keep it unloaded and locked up.
- Teach your child to ask an adult before touching or petting a dog.
- Help your child learn who their safe grown-ups are. Teach real names for body parts, so your child can clearly communicate if something happens.
- Consider enrolling in swim lessons.

### Sleep

- Continue a regular nighttime schedule and encourage them to sleep in their own bed.
- This may be a good time to move to a toddler bed.
- Night-lights and security objects are fine.
- Establish a bedtime ritual that your child can enjoy.
- Nightmares and night fears are common at this age.

# BRUSH UP ON HEALTHY TEETH

There are many things parents can do to ensure their children have healthy teeth.

## Brushing

You should help your child brush his/her teeth with a soft toothbrush twice a day. All children at this age need help with brushing from an adult to make sure a good job is done. Most children will need help until they are 6-8 years old! Once teeth touch, they can also be flossed. Remember the last thing to touch the teeth before bed is the toothbrush!

## Fluoride

Fluoride is VERY important for healthy teeth. Use a pea-sized amount of toothpaste at this age. When possible, teach children to spit out extra toothpaste, but don't rinse with water – the little bit of toothpaste left behind is good for their teeth.

## Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes milk, juice, soft drinks, and sweet tea. Only water should be given between meals. Milk and juice should only be given at mealtime. Do not allow your child to walk around with a bottle or sippy cup. Never put your child to bed with a bottle, cup, or food.

## Dental Visits

The latest recommendation is “first visit by the first birthday.” This is especially true if your child is having dental problems or is at high risk to develop cavities.

**Brush, Book, Bed**, a program of the American Academy of Pediatrics (AAP), has a suggestion for all parents:

1. Each night, help your children brush their teeth.
2. Read a favorite book (or two)!
3. Go to bed at a regular time each night.

### Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

# ACTIVITIES 3 YEARS OLD

## 3 Year Checkup Healthy Eating Meal Times

- Plan meal and snack times.
- Establish a family mealtime free of TV/tablet.
- Ask your pediatrician if skim milk is right for your child.
- Serve a variety of fruits, vegetables, and whole grains.
- Limit potatoes.
- Avoid the “TV and food” habit.

## Physical Activities

- Throw and bounce balls.
- Jump.
- Run.
- Ride tricycle.
- Provide unstructured play at least 30 minutes/day.
- Provide structured play at least 60 minutes/day.
- Limit TV to 1-2 hours/day.

- Make a book “about me” for your child. Save family pictures, magazine pictures of a favorite food and drawings your child makes. Put them in a photo album or glue onto sheets of paper and staple together to make a book.
- Make a bird feeder using peanut butter and bird seed. Help your child find a pine cone or a piece of wood to spread peanut butter on. Roll in or sprinkle with seeds and hang in a tree or outside a window. While your child watches the birds, ask him/her about the number, size, and color of the different birds that visit.
- Grow a plant. Choose seeds that sprout quickly (beans or peas) and together with your child place the seeds in a paper cup, filling almost to the top with dirt. Place the seeds 1/2 inch under the soil. Put the cup on a sunny windowsill and encourage your child to water and watch the plant grow.
- Before bedtime, look at a magazine or children's book together. Ask your child to point to pictures as you name them, such as “Where is the truck?” Be silly and ask him/her to point with an elbow or foot. Ask him/her to show you something that is round or something that goes fast.
- Play a matching game. Make two sets of 10 or more pictures. You can use pictures from two copies of the same magazine or a deck of playing cards. Lay the pictures face up and ask your child to find two that are the same. Start with two picture sets and gradually add more.
- While cooking or eating dinner, play the “more or less” game with your child. Ask who has more potatoes and who has less. Try this using same size glasses or cups filled with juice or milk.
- Cut out some large paper circles and show them to your child. Talk with your child about things in his world that are “round” (a ball, the moon). Cut the circle in half and ask

him/her if he/she can make it round again. Next, cut the circle into three pieces and so forth.

- During bath time play Simon Says to teach your child names of body parts. First, you can be “Simon” and help your child wash the part of his body that “Simon says.” Let your child have a turn to be “Simon.” Be sure to name each body part as it is washed and give your child a chance to wash himself/herself.
- Talk about the number 3. Read stories that have 3 in them (The Three Billy Goats Gruff, Three Little Pigs, The Three Bears). Encourage your child to count to 3 using similar objects (rocks, cards, blocks). Talk about being 3 years old. After your child gets the idea, move up the numbers 4, 5, and so forth as long as your child is interested.
- Put out several objects that are familiar to your child (brush, coat, banana, spoon, book). Ask your child to show you which one you can eat or which one you wear outside. Help your child put the objects in groups that go together, such as “things that we eat” and “things that we wear.”
- When your child is getting dressed, encourage him/her to practice with buttons and zippers. Play a game of Peekaboo to show him/her how buttons go through the holes. Pretend the zipper is a choo-choo train going “up and down” the track.
- Practice following directions. Play a silly game where you ask your child to do two or three fun or unusual things in a row. For example, ask him/her to “Touch your elbow and then run in a circle” or “Find a book and put it on your head.”
- Encourage your child's “sharing skills” by making a play corner in your home. Include only two children to start (a brother, sister, or friend) and have a few of the same type of toys available so that the children don't have to share all of the

time. Puppets or blocks are good because they encourage playing together. If needed, use an egg timer with a bell to allow the children equal time with the toys.

- Listen for sounds. Find a cozy spot and sit with your child. Listen and identify all of the sounds that you hear. Try this activity inside and outside your home.
- Make an adventure path outside. Use a garden hose, rope, or piece of chalk and make a “path” that goes under the bench, around the tree, and along the wall. Walk your child through the path first. After he/she can do it, make a new path or have your child make a path.
- Find large pieces of paper or cardboard for your child to draw on. Using crayons, pencils, or markers, play a drawing game where you follow his/her lead by copying exactly what he/she draws. Next, encourage your child to copy your drawings, such as circles or straight lines.
- When reading or telling a familiar story for bedtime, stop and leave out a word. Wait for your child to “fill in the blank.”
- Make a necklace you can eat by stringing Cheerios or Froot Loops on a piece of yarn or string. Wrap a short piece of tape around the end of the string and make a firm tip for stringing.
- Listen and dance to music with your child. You can stop the music for a moment and play the “freeze” game, where everyone “freezes,” until you start the music again. Try to “freeze” in unusual positions for fun.
- Make long scarves out of fabric scraps, old dresses, or old shirts by tearing or cutting long pieces. Use material that is lightweight. Hold on to the edge of the scarf, twirl around, run, and jump.