



105 Richeson Drive
Lynchburg, Virginia 24501
434.385.7776

www.richesondrivepediatrics.com

3 Year Old

Date _____ Age: _____

Name: _____ Ht. _____ Wt. _____

Three Year old can:

- Have an imagination
- Pedal a tricycle
- Knows colors
- Have conversations
- Count numbers 1-2-3

Foods:

- Picky eaters can not be made to eat*
- Avoid sweets and juice
- Still help brush teeth- pea size fluoride toothpaste

Stimulation:

- Learn self help skills
- Encourage good behavior
- Read, sing, dance
- Limit screen time
- Ignore temper tantrums
- Listen to your child's stories
- Toys- puzzle

Medications:

- Fluoride supplement if using well water

Safety: Never leave child unattended in car or bath

- Hold hands when crossing street or in crowded areas
- Set limits with consistency
- Stove accidents

Suggested reading:

- 1-2-3 Magic* by Thomas Phelan, PhD
- Toddler 411* by Dr. Ari Brown

Resources:

- www.healthychildren.org (American Academy of Pediatrics)
- www.powerofmoms.com

Return: 1 year

Richard Morris, MD Melody Ailsworth, DO Michael Padilla, MD Loan Kline, MD Samantha King, MD Tiffany Kidd, PNP



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

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