

Well Visit Guide

3 Years

Nutrition

- Appetites may still vary from day to day.
- Continue offering balanced meals and snacks.
- Think nutrition over a week, not one meal.
- Keep pressure low and routines steady.
- Water and milk remain great primary drinks.

Helpful Approach

- Eat together when possible.
- Continue variety and repeated exposure.
- Keep juice limited.
- Model healthy habits.

Behavior & Emotions

Three year-olds are learning self-control and independence.

Helpful strategies:

- Stay calm and consistent
- Use simple limits
- Offer choices when possible
- Praise positive behavior
- Keep expectations age-appropriate

Connection matters most.

Sleep & Routine

- Many children sleep 10-13 hours in 24 hours.
- Some still nap, others begin dropping naps.
- Quiet time can be helpful when naps fade.
- Consistent bedtime routines remain valuable.

Nightmares & Fears

- Nightmares may begin with growing imagination.
- Imagination can make fears feel very real.
- Offer calm reassurance & limit scary or overstimulating content.

Development

Many children may begin to:

- Speak in longer sentences
- Ask endless questions
- Tell simple stories
- Jump and climb confidently
- Use imagination in play
- Play more with other children
- Show strong opinions

Milestones happen on a range of timelines.



3 Years



Play & Learning

**Play builds language and confidence.
Try these fun activities:**

- Helping with easy tasks
- Blocks & puzzles
- Art & coloring
- Reading books
- Outdoor movement
- Pretend play
- Music & dancing

**We recommend limited, intentional
screen time only. Prioritize play, reading,
movement and connection.**



Safety

With confidence increasing:

- Keep hazards secured
- Watch for cars
- Car seat safety
- Supervise water use



Preschool

- Many families begin preschool now.
- Readiness depends on temperament, schedule, and family needs.
- Look for warm, safe, engaging environments.



Body Safety

Begin simple conversations about:

- Private body parts
- Consent and boundaries
- Trusted adults
- Telling you when something feels wrong

Keep tone calm and age-appropriate.



Upcoming 4 Year Visit

We often discuss:

- School readiness
- Sleep habits
- Recommended vaccines
- Social growth
- Continued milestones



When To Call Us

- Major behavior concerns
- Regression in skills
- Anything worrying you
- Significant speech concerns
- Persistent sleep struggles