

Health Information Update (3 Years Old)

INTAKE

- How many ounces of milk does your child drink/day? _____ Ounces What kind? _____
- Does your child drink milk with meals? Yes No
- How many meals per day does your child eat? _____ How many snacks per day? _____
- How many servings/**DAY** does your child have of: _____ Cheese/Yogurt _____ Fruits _____ Veggies
- How many servings/**DAY** does your child have of: _____ Whole Grains _____ Grains
- How many servings/**WEEK** does your child have of: _____ Red Meat _____ White Meat
- How many servings/**WEEK** does your child have of: _____ Fish _____ Eggs _____ Peanut butter _____ Beans
- How many ounces/**DAY** does your child have of: _____ Juice _____ Pop
- How often does your child eat sweets? 15 >x/wk 8-14x/wk <8x/wk

OUTPUT

- How many stools does your child have per week? _____ What is the consistency? _____
- Does your child hold his/her stool? Yes No
- Is your child showing signs of toilet training readiness? Yes No
- Is your child toilet trained during the day? Yes No At night? Yes No

SLEEP

- Where does your child sleep? Parent's room Own room Room with sibling
- Do you have a bedtime routine? Yes No Do you read to your child before bed? Yes No
- Do you put your child to sleep awake? Yes No
- Is there a TV or computer in your child's room? Yes No
- Does your child watch the screen or play on a computer before or at bedtime? Yes No
- Bedtime _____ pm Wake time _____ am Does your child wake at night? Yes No
- What do you usually do when your child wakes up during the night? _____
- How many naps/day does your child take? _____ How long are the naps? _____ hours/nap

SAFETY

- Does your child ride in a 5-point harness car seat? Yes No

CHILDCARE/SCHOOL



- Who is with your child most of the time? Mom Dad Babysitter Family member
- Does your child attend daycare, preschool, etc.? _____
- If your child is in preschool, does he/she go a half day or full day? _____

BEHAVIOR/DEVELOPMENT

- Describe your child's temperament (happy, calm, etc.) _____
- How do you discipline your child when needed? _____

OTHER

- How many hours of screen time does your child watch/day? _____
- How many times per day to your brush your child's teeth? _____ With toothpaste? Yes No
- What is your water source? City Community well Personal well Bottled water
- Do you drink the tap water? Yes No
- List any medications or vitamins/supplements your child takes: _____
- Do you need any medication refills? _____
- Concerns? _____

Ages and Stages - 36 Month	Yes	Sometimes	Not Yet
Communication			
1. When you ask your child to point to her nose, eyes, hair, feet, ears, and so forth, does she correctly point to at least seven body parts? (She can point to parts of herself, you, or a doll. Mark "sometimes" if she correctly points to at least three different body parts.)			
2. Does your child make sentences that are three or four words long? Please give an example:			
3. Without giving your child help by pointing or using gestures, ask him to "put the book on the table" and "put the shoe under the chair." Does your child carry out both of these directions correctly?			
4. When looking at a picture book, does your child tell you what is happening or what action is taking place in the picture (for example, "barking", "running", "eating", or "crying")? You may ask, "What is the dog (or boy) doing?"			
5. Show your child how a zipper on a coat moves up and down, and say, "See, this goes up and down." Put the zipper to the middle and ask your child to move the zipper down. Return the zipper to the middle and ask your child to move the zipper up. Do this several times, placing the zipper in the middle before asking your child to move it up or down. Does your child consistently move the zipper up when you say "up" and down when you say "down"?			
6. When you ask, "What is your name?" does your child say both her first and last names?			
Gross Motor			
1. Without holding onto anything for support, does your child kick a ball by swinging his leg forward?			
2. Does your child jump with both feet leaving the floor at the same time?			
3. Does your child walk up stairs, using only one foot on each stair? (The left foot is on one step, and the right foot is on the next.) She may hold onto the railing or wall.			
4. Does your child stand on one foot for about 1 second without holding onto anything?			
5. While standing, does your child throw a ball overhand by raising his arm to shoulder height and throwing the ball forward? (Dropping the ball or throwing the ball underhand should be scored as "not yet".)			
6. Does your child jump forward at least 6 inches with both feet leaving the ground at the same time?			
Fine Motor			
1. After your child watches you draw a line from the top of the paper to the bottom with a pencil, crayon, or pen, ask him to make a line like yours. Do not let your child trace your line. Does your child copy you by drawing a single line in a vertical direction?			
2. Can your child string small items such as beads, macaroni, or pasta "wagon wheels" onto a string or shoelace?			
3. After your child watches you draw a single circle, ask him to make a circle like yours. Do not let him trace your circle. Does your child copy you by drawing a circle?			
4. After your child watches you draw a line from one side of the paper to the other side, ask her to make a line like yours. Do not let your child trace your line. Does your child copy you by drawing a single line in a horizontal direction?			
5. Does your child try to cut paper with child-safe scissors? He does not need to cut the paper but must get the blades to open and close while holding the paper with the other hand. (You may show your child how to use scissors. Carefully watch your child's use of scissors for safety reasons.)			
6. When drawing, does your child hold a pencil, crayon, or pen between her fingers and thumb like an adult does?			
Problem Solving			
1. While your child watches, line up four objects like blocks or cars in a row. Does your child copy or imitate you and line up four objects in a row? (You can also use spools of thread, small boxes, or other toys.)			
2. If your child wants something she cannot reach, does she find a chair or box to stand on to reach it? (for example, to get a toy on a counter or to "help" you in the kitchen)			
3. When you point to the figure and ask your child, "What is this?" does your child say a word that means a person or something similar? (Mark "yes" for responses like "snowman", "boy", "man", "girl", "Daddy", "spaceman", and "monkey".) Please write your child's response here:			
4. When you say, "Say 'seven three'", does your child repeat just the two numbers in the same order? Do not repeat the numbers. If necessary, try another pair of numbers and say, "Say 'eight two'". Your child must repeat just one series of two numbers for you to answer "yes" to this question.			
5. Show your child how to make a bridge with blocks, boxes, or cans, like the example. Does your child copy you by making one like it?			
6. When you say, "Say five eight three", does your child repeat just the three numbers in the same order? Do not repeat the numbers. If necessary, try another series of numbers and say, "Say six nine two". (Your child must repeat just one series of three numbers for you to answer "yes" to this question.)			
Personal-Social			
1. Does your child use a spoon to feed himself with little spilling?			
2. Does your child push a little wagon, stroller, or other toy on wheels, steering it around objects and backing out of corners if he cannot turn?			
3. When your child is looking in a mirror and you ask, "Who is in the mirror?" does he say either "me" or his own name?			
4. Does your child put on a coat, jacket, or shirt by himself?			
5. Using these exact words, ask your child, "Are you a girl or a boy?" Does your child answer correctly?			
6. Does your child take turns by waiting while another child or adult takes a turn?			