



Wellness Visit

3 Year

fhm *Primary Care*

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A reminder for all new parents...

Everyday will be different and that's ok!
Whether this is your first baby or you've done this many times before, ALL new parents need support, reach out for help when you need it!
If you have questions don't hesitate to call us.



Support & Self-Care

CALL US

- If you do not feel safe at home
- With questions about your child, we're here to help!

TAKE CARE OF YOURSELF

Caring for yourself is vital in being a caregiver
Schedule child-free times for yourself.

YOU KNOW BEST

Only you know what is best for your child.
Other people may have different parenting styles than you and that is OK.



Safety

CAR SEAT SAFETY

Always use a car seat. A harness restraint is safest.

TV

It is better for toddlers to play than watch TV.
Limit TV to 1-2 hours or less a day.
Be mindful of the content your child is viewing.
No TV in your child's bedroom.

BIKE SAFETY

Always wear a properly fitting helmet on bikes, trikes and scooters.

SAFE SPACE

Keep your child away from moving machines, lawn mowers, streets, and cars. Keep baby gates up on all stairs and spaces that are not safe for your child. Be sure all cords are out of reach especially irons, and hot hair tools. Keep medications, and cleaning supplies in a child proof closet or cabinet up high out of reach and sight. If you must have a gun in the home store it unloaded and locked in a gun safe.



Caring for Your Child

COMMUNICATION+ EMOTIONS

Set limits and be consistent.
Give your child a chance to make choices.
Show your child how to handle anger in a healthy way - time alone, respectful talking, or being active.
Stop hitting, biting and fighting right away.

POTTY TRAINING

Many children are still learning at this age.
Be consistent and stay positive!
If you have concerns don't hesitate to call us!

PLAYTIME

Regular playtime with children their age can help with socialization skills and offer new learning opportunities.
Read to your child often. Give your child a variety of toys for dress-up, make-believe, and imitation.

FEEDING

Toddlers can be picky eaters. Always offer food and give a selection for them to choose from. They will eat when they are hungry and if you give a selection of healthy & nutritious options you both will end mealtime happy.



Health & Wellness

WASH YOUR HANDS

Wash both yours and your child's hands often to keep everyone safe and healthy.

HEALTHY TEETH

Encourage your child to brush their own teeth but help them after they are done to ensure they are clean. Maintain regular dentist appointments. Kids can develop cavities and healthy baby teeth important for healthy adult teeth.