

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

36 Months Visit

Next Visit: @ 4 Years of Age

Your Child's Height: _____ in. Height %: _____ Your Child's Weight: _____ lbs Weight% _____

Immunizations Recommended: ___Influenza

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or
Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your child develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness.

You can treat fever with Acetaminophen syrup (160mg/5ml.) *Today*, your Acetaminophen/Tylenol dose is: _____ ml.

You can treat fever with Ibuprofen (100mg/5ml.) *Today*, your Ibuprofen/Advil dose is: _____ ml.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

Reading & Talking With Your Child

- Read books, sing songs and play rhyming games with your child each day.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store.
- Ask your child questions about his story or pictures. Ask him to tell a part of the story.
- Ask your child to tell you about his day, friends and activities.

Your Active Child

- Apart from sleeping, children should not be inactive for longer than 1 hr at a time.
- Be active together as a family.
- Limit TV, video and video games time to no more than 1-2 hrs each day.
- No TV in your child's bedroom.
- Keep your child from viewing shows and ads that may make him want things that are not healthy.
- Be sure your child is active at home, preschool or child care.

Family Support

- Take time for yourself and to be with your partner.
- Parents need to stay connected to friends, their personal interests and work.
- Give your child the chance to make choices.

- Show your child how to handle anger well – time alone, respectful talk or being active. Stop hitting, biting and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time outs or take away what's causing a problem.
- Have regular playtimes and mealtimes together as a family.

Safety

- Use a forward facing car seat in the back seat of all vehicles.
- Switch to a belt positioning booster seat when your child outgrows her forward facing seat.
- Never leave your child alone in the car, house or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the 2nd floor and higher. Move furniture away from windows.
- Supervise play near streets and driveways.
- If you must have a gun, store is unloaded and locked with ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

Playing Others

- Playing with others preschoolers helps get your child ready for school.

- Give your child a variety of toys for dress up, make believe and imitation.
- Make sure your child has the change to play often with preschoolers.
- Help your child learn to take turns while playing games with other children.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222
Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org