

What to Expect During Your 3 Year Old's Visit



Growth Measurements



Vitals

We'll take your child's vitals at the start of every visit – a simple but essential foundation for their care.



Height & Weight

We measure height and weight to understand your child's growth pattern and ensure they're developing on track.



BMI

Calculating BMI alongside height and weight helps us ensure your child is growing in a healthy, balanced way.

Nutrition & Healthy Eating



Family Meals

We encourage structured mealtime behavior – gathering around the table together creates meaningful moments and healthy habits.



Food Variety

Keep exploring different foods and flavors with your child – variety on the plate is always a win!



Limit Processed Foods

We recommend limiting processed foods and sugary drinks like juice to plant the seeds for a lifelong healthy relationship with food.

Toilet Training & Sleep



Toilet Training

This is a big milestone! We're here to support you every step of the way.



Parent Resources

Check out our toilet training videos from our parent coach – you're not alone in this journey.



Sleep Hours

Most 3 year olds need 10 to 12 hours of sleep each night. Some still nap; others are phasing it out – both are normal.



Bedtime Routine

Consistency is key. Keep that bedtime routine in place – familiar rituals help your child transition to sleep.



Comfort Objects

A favorite book, stuffed animal, or calming ritual are not a crutch – they're a bridge to rest.

Developmental Milestones



Language

Your child is now speaking in clear sentences of 4 to 5 words and engaging in real conversations.



Curiosity

They're asking so many questions – that curiosity is beautiful and an important sign of healthy development.



Cooperative Play

You'll see them playing more cooperatively with other children and showing a stronger sense of independence.



Fantasy Play

Imaginary friends and creative worlds often emerge around this age – a sign of a healthy, creative mind.



Independence

They're testing boundaries and trying things on their own – this is healthy growth in action.

Positive Discipline & Social Development

📌 Positive discipline is your greatest tool as your child grows more independent. Set clear expectations, celebrate effort, and create opportunities for connection.

Set Clear Expectations — Be specific about what you want to see. Clear, simple guidance helps your child feel safe and know their limits.

Simple Responsibilities — Putting toys away, helping set the table, feeding the pet. These small tasks build competence and show them they're capable.

Praise Effort — Celebrate the effort, not just the outcome. This builds resilience and a growth mindset for life.

Social Opportunities — Playdates, parks, and classes teach your child how to navigate relationships, share, and communicate.

Your Partnership with Ollie — You know your child best. We're here to listen, guide, and celebrate every milestone alongside you. Please ask us any questions or share any concerns.