

Fiisitada Ilmaha 3 1/2-Sanno Jirka Ah

Taariikhda booqashada: _____

Booqashada dambe: 5 sanno

Culays: _____ / _____%

Dherer: _____ / _____%

Madaxa: _____ / _____% _____

Acetaminophen (Tylenol® ama Tempra®) qiyaas: _____

Ibuprofen (Advil® ama Motrin®) qiyaas: _____
(Ha isticmaalin aspirin)

Waxaa lagu talaalayaa booqashadan:

___ Jadeeco/qaamowqashiir/jadeeco-been

___ Cagaarshow B (Hepatitis B)

___ Busbus

___ Tallaalka Jeermiska Pneumococcal Conjugate
(PCV7)

Wixii ka dambeeya saacadaha shaqada, wac
rugtaada caafimaad; markaa shaqaalaha ayaa kugu
xiri doona kalkaalisada joogta.

Nafaqo

- Koritaanku wuu gaabiyaa, abiteetkuna wuu isbedbedelaa.
- Raashinka fududi waa nafaqo; ka dheerow juuska, boobka iyo macaanka badan.
- Cashadu waa in yaraataa; quraacda iyo qadaduna waa in ay bataan.
- Isku day in aad yareyso isku dhaca xilliyada cuntada. Joogtee xilliyada cuntada kuna raaxeysta isla socodka.
- Sii cuntooyin nafaqo leh una ogolow ilmahaagu in ay doortaan inta iyo nooca ay doonayaan in ay cunaan. (Tusaale: Ha eegin inta cad ama cantuugo ee ilmahaagu cunaan.)

3 1/2-Year Well-Child Exam

Date of this visit: _____

Next visit: 5 years

Weight: _____ / _____%

Length: _____ / _____%

Head: _____ / _____%

Acetaminophen (Tylenol® or Tempra®) dose: _____

Ibuprofen (Advil® or Motrin®) dose: _____
(Do not use aspirin)

Immunizations given during this visit:

___ Measles/mumps/rubella

___ Hepatitis B

___ Varicella zoster

___ PCV7

For after-hours assistance, call your local clinic; and staff will connect you to an available nurse.

Nutrition

- Growth continues to be slow and appetites fluctuate.
- Snacks should be nutritious; avoid excessive juice, pop and sweets.
- Dinner is frequently small; breakfast and lunch are bigger.
- Try to minimize mealtime conflict. Have regular meal times and enjoy each other's company.
- Offer nutritious foods at meal times and allow your child to decide what and how much to eat. (For example: Don't focus on how many bites of peas your child eats.)

- Ogolow in ilmahaagu ka qaybgalaan qorsheynta cuntada sida, diyaarinta iyo nadiifinta. Tani waxay u ogolaan doontaa in ay in badan cunaan oo ay cabashaduna yaraato.

Joojinta

- Isku kaadinta habeenkii da'dan waa u caadi, waana iska caadi ilaa ilmuhu gaaro 6 sano jir. Diyebarada ayaa loo isticmaalaa isku kaadinta. Ciqaabidu ma wanaagsana.

Seexinta

- Ilmahaagu wuxuu sii wadi doonaa in uu seexdo 10 ilaa 11 saacadood habeenkii.
- Ilmaha qaarkood ma seexdaan maalinkii, si kastaba ha ahaatee ilmaha badankooda way u fiican tahay casar seexashadu.
- In loo akhriyo ama loo sheekeeyo markii la seexinayaa waxay ku abuurtaa ilmaha lulo wayna ku gam'aan.
- Ilmahaagu way ka biqi karaan mugdiga in ay ku seexdaan. Ilmaha qaarkood waxay leeyihiin qarow ama sas.

Koritaanka

- Xornimadu way kordhisaa hurdada. Ilmaha sii doorashooyin fudud sida (dharka ay rabaan, boogta iyo akhriska, IWM).
- Ilmo badan ayaa ku heesi kara magacyada xuruufta, tirina kara.
- Ku dhiira geli daahfurid, ka helid iyo maleyn. Way ku koraan waxbarashada.
- Ilmuhu waxay bilaabaan in ay wada ciyaaraan oo ayan iska maseyrin.
- Ilmahaagu wuxuu sii wadi doonaa in uu sii koro. Intii aad degdeg dhakhso iskugu bedeli lahayd hawlo, ilmahaagu waxay ku ciyaari karaan carada wakhti dheer.

- Allow your child to participate in simple meal planning, preparation and clean-up. This may help him or her eat more and complain less.

Elimination

- Nighttime wetting is still quite common at this age, and is normal until your child is six years old. Diapers or pull-ups are an appropriate way to deal with wetting. Punishment is not appropriate.

Sleep

- Your child may continue to sleep 10 to 11 hours at night.
- Some children have given up napping, however most children benefit from an afternoon quiet time.
- Keeping a bedtime routine with stories or rituals can be a good way to slow down and get ready to sleep.
- Your child may be afraid of the dark and of going to bed. Some children may have nightmares or night terrors.

Development

- Independence continues to increase. Give your child opportunities to make simple choices (which clothes to wear, books to read, etc.).
- Many children can count and sing the alphabet song.
- Encourage exploration, fantasy and imagination. They foster learning.
- Children begin to play together and are less selfish.
- Your child will continue to be very active. Instead of moving rapidly from one activity to another, your child may ride a tricycle or play in the sand for a long period of time.

- Ilmahaagu way farxi doonaan, waxayna weydiin doonaan su'aalo aan kala go' lahayn. Luuqada waxay fahmi karaan soo galootigu ilaa 75 boqolkiiba, weliba jehebinta, codeyntu (“wabbit” ee “rabbit”) iyo magacyada oo la isku khaldaa waa caadi.
- Cabsidu waa badan tahay. Ku caawi ilmaha in ay bartaan in ay sheegtaan waxa cabsi gelinaya, barna xirfado ay kaga jawaabi karaan.
- Ilmaha da'dan ku jiraa ma kala saari karaan dhabta iyo dhayasha, marka yaree telefishanka iyo/ama isticmaalka combiyuutarka maalinkiiba hal saac lana soco waxa ilmuhu daawanayo.
- Ilmuhu waxay bilaabi karaan in ay ku ciyaaraan qaybaha jirka oo kacsadaan. Bar ilmahaaga magacyada saxda ah ee qaybaha jirka una sheeg in qaybahaas qaarkood iyo isticmaalkoodu yahay mid dhawran.
- Your child may chatter and ask questions endlessly. Language should be at least 75 percent understandable to strangers, although stuttering, sound substitution (“wabbit” for “rabbit”) and misuse of pronouns are common.
- Fears are common. Help your child to use words to express his or her fears, and develop creative solutions to respond to them.
- Children at this age cannot distinguish fantasy from reality, so limit television and/or computer use to one hour per day and carefully screen what your child watches.
- Children may begin to explore their body and masturbate. Teach your child correct names for body parts and remind him or her that some behaviors and body parts are private.

Edaabta

- Xadeynta iyo sii wadiduba waa muhiim.
- Mar kasta oo ay suurto gal tahay, cinqaabidu way joojin kartaa edeb darrada. Tusaale, “haddii aad ku tuurto banooniga guriga, kuma ciyaari doontid.”
- Ku amaan inta badan ilmahaaga dabci wanaaga!

Nabadgelinta

- Xadeynta tijaabintu waa caadi wayna ka duwan tahay barashada. Carruurta waxay u baahan yihiin in isha lagu hayo.
- Istimaal kursiga carruurta oo da'dooda ku jaan go'an le'egna gaariga.
- U geli muraayadaha qoraxda ilmahaaga ka hor inta aadan dibeda u bixin.
- Meel ku xir sigaarka, jantasiigarka, taraqa, aalkolada, daawooyinka iyo qalabka electroonikada iyo/ama dheeree si aan carruurta u gaarin.
- Hubi in qoryaha meel lagu xiro oo rasaastana laga bixiyo. Qufulo adag waa in la isticmaalaa.

Discipline

- Quick and consistent limit setting continues to be important.
- Whenever possible, the punishment should reflect the offense. For example, “If you throw a ball in the house, then you cannot play with the ball.”
- Praise your child often for good behavior!

Safety

- Testing limits is common and a way of learning. Children need to be closely monitored.
- Use an age-appropriate car seat that is properly installed.
- Put sunscreen on your child before he or she goes outside to play.
- Keep cigarettes, lighters, matches, alcohol, medication and electrical tools locked up and/or out of your child's reach.
- Ensure guns are locked up and that ammunition is stored separately. Trigger locks should be used.

- Hubi in alaamka dabka iyo urisada Kaarboonku shaqeynayaan.
- Ilmahaaga waa in ay xiran yihiin koofiyad adag markii ay baaskiil kaxeynayaan.
- Bar ilmahaaga in ayan la hadlin dadka ayan aqoon.
- Ka dheeree ilmahaaga bacaha, buufimooyinka latekiska iyo alaabooyinka yaryar, sida qadaadiicda.
- Marna ha u ogolaan ilmahaagu in ay socdaan ama ordaan iyagoo wax cunaya.
- Bar ilmahaaga in qaybaha jirka ee dharka dabaasha lagu xiray in ay yihin kuwo dhawrsoon.
- Ensure that smoke detectors and carbon monoxide detectors are functioning.
- Your child should wear a helmet at all times when riding a tricycle or bike.
- Teach your child not to talk to strangers.
- Keep plastic bags, latex balloons and small objects, such as coins, away from your child.
- Never allow your child to walk or run while eating.
- Teach your child body parts covered by swimsuits are private.

Daryeelka afka

- Gee ilmahaaga daandiistaha haddii aadan hore u geyn.
- Hubi in ilmahaagu maalintii laba goor cadaydaan, iyadoo waalidku caawinayo—gaar ahaan xilliga seexashada.
- Haddii ilmahaagu yaqaan in la iska tufo daawada lagu cadaydo, qiyaas yar oo ah daawo ay ku jirto falooraydh u isticmaal.

Booqashada talaalada 5-sanno jirka:

- ___ Gawracato-Teetano-Xiiqdheer (DTaP)
- ___ Cagaarshow B (Hepatitis B)
- ___ Busbus
- ___ Jadeeco/qaamowqashiir/jadeeco-been
- ___ Dabayl (IPV)

Dental care

- Take your child to the dentist if you have not already done so.
- Make sure your child brushes his or her teeth twice a day, with a parent assisting—especially at bedtime.
- If your child is cooperative in spitting out toothpaste, a pea-sized amount of fluoridated

Immunizations at the 5-year visit:

- ___ Diphtheria-tetanus-pertussis (DTaP)
- ___ Hepatitis B
- ___ Varicella zoster
- ___ Measles/mumps/rubella
- ___ Polio (IPV)