
Maternal and child health – visit 10 - three and a half year visit

Summary

- This is your tenth key age and stage visit with a maternal and child health nurse in your local area.
 - Maternal and child health nurses work in partnership with families to care for babies and young children until they start school. The service is free for all Victorian families.
 - You will visit a maternal and child health nurse at 10 key ages and stages from birth to three and a half years.
 - Your nurse can help you with things like feeding your child; sleep making sure your child is growing, learning and developing well; being a parent and looking after yourself.
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What happens at my three and a half year maternal and child health visit?

When your child turns three-and-a-half, it is time for their final key age and stage appointment with your maternal and child health nurse.

At this visit, your child's growth, health and development will be reviewed and your nurse will discuss their kindergarten enrolment. They will be given a vision screening to check their clarity of vision, using the Melbourne Initial Screening Test (MIST).

You will also be asked to answer **My Health, Learning and Development – green book**. It is under the Parents' Evaluation of Development Status (PEDS) section. Try to complete these questions before your visit.

This visit will focus on:

- addressing the PEDS questions in your green book
- kindergarten enrolment
- helping your child to eat healthy food
- **taking care of your child's teeth**
- your child's vision
- **how to be sun smart** and water safe
- how play helps learning and development
- family **relationships** and wellbeing
- **immunisations.**

Remember, you and your nurse can talk about other issues or concerns if they arise.

Don't forget your 'green book'

When your child was born, you should have received a copy of **My Health, Learning and Development – green book**. This book belongs to you and your child and is full of information about early child development, and services and support.

Make sure you take your green book with you each time you see your nurse so you can jot down any issues, and record information on your child's growth and development.

If you don't have a green book, let your nurse know.

What is my child doing at this key age and stage?

At this key age and stage, your child is becoming more independent and adventurous. They love to be involved with everyday activities like cooking and shopping.

They might be:

- running, climbing stairs
- drawing, and cutting with scissors
- asking lots of questions
- playing with other children and learning how to share
- understanding their own and other people's feelings.

What to tell your nurse

Please tell the nurse if your child is:

- NOT talking clearly
- NOT able to talk in sentences
- NOT coming to you for affection or comfort
- NOT playing 'imaginary' games
- NOT playing with other children
- NOT drawing.

Activity ideas for this key age and stage

Try some of these ideas to help your child learn and develop:

- play games that involve sharing and taking turns
- let them help with the cooking, shopping or gardening
- read with them and ask questions about the story
- encourage them to draw and talk about their picture
- give them lots of outdoor playtime with plenty of running, tumbling and rolling.

Tip sheets for this visit

- **[“Try it - you'll like it!”](#), **[vegetables and fruit for children \(pdf\)](#)**, Royal Children's Hospital, Melbourne, Victoria.**
- **[Healthy eating and play for kindergarten children 3-5 years \(pdf\)](#)**, Royal Children's Hospital, Melbourne, Victoria.
- **[Is Your Child 3 - 4 Years Old? \(pdf\)](#)**, Department of Education and Training, Victoria.
- **[Immunisation history statements for children](#)**, Better Health Channel, Department of Health and Human Services, Victoria.
- **[Preschoolers: independent adventurers 3.5 to 5 years \(pdf\)](#)**, (available in multiple languages), Kidsafe Victoria.

Where to get help

- **[Your local maternal and child health service](#)**
- Your **[GP \(doctor\)](#)**
- **[Your local council early childhood and family services](#)**
- **[Maternal and Child Health Line](#)** Tel: **[13 22 29](#)** – available 24 hours a day for the cost of a local call throughout Victoria
- **[Aboriginal Health Service \(VAHS\)](#)** Tel. **[03 9419 3000](#)**
- **[Parentline](#)** Tel. **[13 22 89](#)**
- **[Translating and Interpreting Service \(TIS National\)](#)** Tel. **[131 450](#)** – available (24 hours, 7 days a week) for

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callers who speak other languages.

- **National Relay Service** (24 hours a day, every day) – Speak and listen Tel: **1300 555 727**, TTY Tel: **133 677**, SMS relay Tel: **0423 677 767**. **Captioned, internet and video relay calls are also available through this service.**

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Maternal and Child Health and Parenting

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