

Information About the 3-Year Old Health Exam

The 3-year-old health exam is important to check your child's physical and mental growth, including growth and development.

Please consider having your child examined.

1 Dates and Locations * Reservations are required

Location: Wellness Kashiwa, Children's Health Room 1F

Dates: Please check the Kashiwa City Infant Health Checkup website

※ If it is difficult to make the appointment on the above date and time, you can visit the clinic the following month or later as long as your child is not yet four years old.

① Complete the medical questionnaire (A3, white): Please fill out both sides at home.

② Vision test, whisper test

Please be sure to read the instructions on the back carefully.

③ Urine test

※ Collect urine using the enclosed urine collection cup, suck up the urine up to the line on the container, and bring the container with you.

※ Collect the urine on the morning of the health exam.

※ Avoid drinking juice or other drinks high in vitamin C the day before.

※ Please make sure to tighten the cap on the container tightly.

④ Brush teeth: There will be a dental checkup, so please brush your child's teeth beforehand.

2 Appointment Day Information

What to bring:

① Maternal and Child Handbook ② Medical Questionnaire ③ Face towel ④ Your child's toothbrush

⑤ Urine sample ⑥ Child and parent's indoor shoes (non-slip) and bag

※ Please make sure your child's name is written on the cover of the Maternal and Child Health Handbook.

※ The face towel is intended to be placed under your child's head during dental checkups.

① Medical interview ② Urine test ③ Eye refraction test ④ Physical measurement ⑤ Dental Details
⑥ Childcare consultation

※ Pediatric consultations are optional. If you would like your child to be examined, please fill out the questionnaire.

※ Vision tests, dental consultations, nutritional consultations, and developmental consultations will be provided only to those who need them.

3 Please cooperate by completing the Health Questionnaire

Please check the Request for Cooperation for the 2025 Health Survey (yellow form) and respond.

4 Inquiries

Kashiwa City Maternal and Child Health Division

Address: 65-1 Wellness Kashiwa, Kashiwashita, Kashiwa City

TEL : 04-7167-1257 FAX : 04-7167-1732

5 Vision Test

Please do this test at home.

1. What to prepare

Tissue paper or gauze, cellophane tape or surgical tape, scissors

Attached sheet: Vision test optotype ①Pointing stick for child: Stick it on cardboard and cut it out.

2. Cover one eye

Fold the tissue into an eye-patch and use the tape to secure it to your child's face.

When covering one eye, do so gently and be careful not to leave any gaps.

3. Cautionary points

- Do the test in a well-lit room (avoid dimly lit or too bright rooms) and at a time when your child is in a good mood.
- A 3-year old will need some time to understand how to do the test.
Practice several times while talking to the child in such a way so that the test can be done like a kind play or game.

[How to do the vision test]

①First, practice focussing on something nearby with both eyes.

If pointing is difficult, have the child hold the pointing stick and aim in the same direction as the parent.

②Practice with both eyes from a little distance (large target for practice: visual acuity 0.1)

③Cover one eye completely. Stick it firmly so there are no gaps.

④Now it's time for the real thing! Stand 2.5m apart and test one eye at a time.

Use the smaller optotype (for testing: visual acuity 0.5) to test the right eye, then the left eye.

Accurately measure the distance between you and your child (2.5m)

⑤ Mark 「○」 for all correct responses and 「×」 for any missed on Question 13 of the questionnaire

※If you are having trouble with the test at home

- Even if you can't do it well at first, you might be able to do it after practicing a few times.

If you really can't do it, don't force yourself, but try doing the test on another day.

- If you still can't do the test, it may be due to amblyopia.
- If you really can't do the test at home, it will be done during the exam(at the health exam venue).

Why do we do this test?

A child's eyesight continues to develop from birth and is fully developed around age 6. However, if there is severe refractive error (farsightedness, nearsightedness, astigmatism) or strabismus, the development of eye function will be delayed and good eyesight will not be achieved.

The health check-up for 3-year olds is the last health check-up before a child starts school, so it is important for them to receive correct treatment and guidance from an early age.

6 The Whisper Test

Please do this at home.

How to do the test

- 1) Place the picture facing the child and sit facing each other, about 1m away.
- 2) Tell your child, "I'm going to say the names in this picture, so point to the picture Mommy/Dad said." Then say the names of the pictures on the picture sheet in a normal voice (conversational voice) so that your child can correctly point to all six pictures.
- 3) Tell the child, "Now I'll say the names in the picture in a low voice, so listen carefully and point to it." Then cover your mouth with your hand or something and whisper the names of the six pictures one by one. If the child points to the correct picture, they get a "O"; if they point to the wrong one, they get an "X."

Cautionary points

Say the names of the pictures only once.

Even if your child asks, do not repeat what you've said, and be careful not to whisper too loudly.

How to whisper

A whisper is a breathy, secretive sound.

When placing your hand on your throat (Adam's apple area) and speak in a normal volume, you can feel vibrations, but when you whisper, you don't feel any vibrations. This is called a "whispering voice."

Q. Why do we do this kind of testing?

A. Hearing plays an important role in a child's speech and intellectual development. There are cases of inner ear infections that can cause hearing loss without pain, so even if you have no major concerns about your child's hearing, it is a good idea to have your child's hearing checked.