

your child @[™]

3 years

highlights of what's happening at this stage of your child's development ...

Your “little baby” is off to preschool. Her world will get so much bigger. She'll need you to guide her.

Your child's health

The Well Visit Take your child to the doctor for check-ups and blood pressure readings when he turns 3 and again when he turns 4. Ask your doctor about shots that your child may need before starting school. And catch up on any missed vaccinations.

Let your doctor know if your child cannot:

- Jump in place.
- Scribble holding a crayon between his thumb and fingers.
- Use sentences with more than 3 words.
- Socially connect with other children.

Dental Health

Let your child brush her teeth. Then help her to make sure her teeth get cleaned. She should:

- Brush teeth twice a day (especially at night).
- Use a child-size toothbrush with a pea-size bit of fluoride toothpaste.
- Visit the dentist every six months.

Nutrition

At this age, offer your child the same foods, at the same times, as you eat.

Choking is still a hazard, so avoid things like candy and cherries with pits.

Be careful with:

- Grapes (cut them in half).
- Hot dogs (slice in half the short and the long way).
- Raw vegetables like carrots and celery.
- Spoonfuls of peanut butter, especially crunchy.



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Your child's health, continued

Sleep *Goodbye Nap time.* Between 3 and 4 years, children often give up their afternoon naps. On days when your child doesn't nap, be prepared for some fussiness. You may have to put him to bed earlier that night.

Hello Bedtime Battles. Your child may begin to fight going to bed. To help:

- Try to stick to the bedtime routine and set limits such as how many books you will read each night.
- Give your child choices. Let him pick out his pajamas and books to read.
- Help him feel safe. Use night-lights, security blankets, or stuffed animals.

Remember

Accidents happen. Don't get angry or make a big deal about them.

Toilet Training At this age, some toddlers are toilet trained. Some are not. Either way, help her have success:

- Dress her in clothes that are easy for her to pull up and down.
- Use the potty right before bed. And make sure she can get to the potty at night.

Nurturing your child

- Sharing**
- *Show How to Share.* Give your child a toy in return for one of his toys. And let him see you share with others.
 - *Choose Toys to Share.* Before a friend comes over to play, put away toys that your child does not want to share.
 - *Practice.* Play indoor and outdoor games where you take turns, like board games or hide-and-seek.

Media Time Limit media watching (TV, computer, video games, etc.). 1 hour per day is more than enough.

Your child's safety

- In the Car**
- Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer. Then use a belt-positioning booster.
 - Visit www.seatcheck.org for more information.