



## 3 Years



### HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Children often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Help your child brush their teeth twice with a pea sized amount of toothpaste

### SAFETY ISSUES

- Your baby should always be in a car seat while riding in a car
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Do not keep 5 gallon buckets in your home (to prevent drowning).
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.
- Supervise activities, especially around lawnmowers, large dogs, cars.

### YOUR BABY SHOULD...

- Know his or her name, age and sex.
- Be able to copy a circle and a cross.
- Jump; kick and throw a ball. Ride a tricycle.
- Be understood by most strangers.
- Successfully (or almost) potty-trained.

### YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child and continue to read books to your child.
- Do not allow hitting, biting or mean behavior.
- Be consistent with rules. You decide how strict or liberal to be, just make sure you are consistent. Keep discipline brief. "Time-out" is usually effective at this age
- Expect your child to not want to share, but encourage him or her to do so anyway.
- Have a bedtime routine and put baby to bed in his or her own room.
- Offer opportunity for potty training but do not encourage unless your child seems ready (usually 18 months to 3 years).
- Be an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them !

### YOU SHOULD CALL YOUR DOCTOR IF...

- Your child has any difficulty breathing
- Your child is not acting themselves
- High fevers
- You have any questions or concerns

### After vaccines, it is normal for your baby to ...

- Mild fever
- Mild fussiness
- Mild redness/soreness at the injection site