

WELL CHILD CARE AT 3 YEARS

NUTRITION

- Family meals are important for your child. It is a time to eat together and talk to each other. Your child should be feeding themselves completely by now.
- Serve 3 meals a day and 2-3 snacks.
- Offer only nutritional foods to choose from. Let your child help choose what foods to eat.
- Healthy foods include:
 - A fruit or vegetable at each meal and snack.
 - Whole grain bread, cereal, pasta, brown rice and corn tortillas.
 - Protein and iron-rich foods like meat, fish, eggs, beans and tofu.
- Offer your child new foods to try new tastes.
- Limit eating between meals.
- Limit fast foods and snacks high in sugar and fat.
- Offer healthy beverages.
 - Offer water often and about 16 ounces of nonfat or lowfat milk per day.
 - Limit juice.
 - Do not give soda or other sweet drinks.

DEVELOPMENT

- Children often want to do things by themselves. Patience and encouragement will help him/her develop new skills and build self-confidence.
- **Your child may:**
 - Get dressed without help
 - Jump in place
 - Pedal a tricycle
 - Begin to draw
 - Use short sentences and be understood by others
 - Know their name, age, and gender
 - Talk about fears.
- **Tip and Activities**
 - Help your child learn to share.
 - Talk, sing, and read to your child daily.
 - Let your child explore and try new things.
 - Let your child play with other children.
 - Encourage play with blocks, simple puzzles and crayons.
 - Play outside with your child daily.
 - Arrange for special time for you and your child.
 - Teach your child to pick up toys and clothes.
 - Answer your child's questions honestly and in a simple way.

DENTAL

- Take your child to the dentist twice a year or as advised by your dentist.
- Ask about fluoride varnish and drops for your child.
- Brush your child's teeth along the gums twice a day with a dab of fluoride toothpaste.
- Teach your child to spit, not swallow the toothpaste.
- Sharing spoons, cups, straws, or toothbrushes may spread cavity germs.
- Avoid sweet or sticky snacks.

HEALTH/SAFETY ISSUES

- **Keeping your child healthy**
 - Take your child for regular check-ups and immunizations.
 - Keep your children away from loud noises and music to protect their hearing.
 - Use sunscreen when outdoors.
 - Keep your child away from tobacco smoke and products.
 - Talk to your child's doctor before giving medicines and home remedies.
 - Wash child's hands with soap and water after using the toilet.
 - Get 60 minutes of active play a day.
 - Limit TV and screen time to 1 to 2 hours per day.

SAFETY

- Never leave your child unattended.
- Keep electrical cords, pot handles, and other hot things, out of your child's reach.
- Use safety latches, cabinet locks, and outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, and plants out of reach of children.
- Keep small items such as keys, unsafe toys, plastic bags, balloons out of reach of children as they can be a choking hazard.
- Carry or hold your child's hands near cars.
- Have your child wear a helmet, knee, wrist and elbow guards when using a bike, skates, skateboard, or scooter.
- Set your water heater to less than 120 degrees F.
- Check the water before putting your child in the bath.
- Never leave your child alone in the bathtub, pool, or near a bucket of water or toilet. Pools/spas should be fenced with a self-latching gate.
- Car seats should be in the back seat and forward facing until the child outgrows the height and weight limits for those seats.

IMMUNIZATIONS

- Your child may receive some vaccinations at the visit.
- Your child may have some redness, swelling, or soreness at the injections site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for his/her dosage of acetaminophen.
- Call your doctor if your child has a fever for more than 36 hours.

NEXT ROUTINE VISIT – AGE 4 YEARS

- Please bring the shot record to all check-up visits.