



Nutrition

Three year olds differ a lot in how much they eat, so relax if they seem not to eat so much. Remember: your job is to offer a variety of healthy food; their job is to decide if they want to eat and how much. Water and milk are best to drink. Dilute juice and don't give too much – it is full of sugar. Eating together as a family is important – sitting and talking at mealtime establishes good bonds.



Dental

Dentists advise brushing twice a day with just a little children's fluoride toothpaste. Try to give the child a turn and then the parent a turn. It is time to visit a pediatric dentist. Fluoridated water helps to build strong teeth.



Development

The personality of the three year old blossoms ever more. There are usually fewer tantrums now, but still testing with bursts of negativity and opposition. Strong

opinions about what they want to wear arise! "Why?" is a common question – good luck with finding answers that stick! Fears and nightmares are normal at this age. Sentences are usually full and understandable. Kids this age can usually: jump in place, pedal a tricycle, and dress themselves. Exploration of their bodies, "playing doctor," is normal and not worrisome. For potty training, see our Bayside handout.



Play and Toys

Symbolic play is fun at this age – a box becomes a boat or a cave. Imaginary friends often play too! Three year olds can learn to share, and friends are important. It is good to walk together and talk about what you see, and to read books together and talk about the pictures. TV should be limited to an hour a day at most.



Discipline

As always, positive parenting is most important – praise for the good things! Try to establish clear, consistent limits with consequences. For instance: "When you hit, we go home." Make sure to show that even though you don't like the behavior, you like him. Instead of just saying, "Don't do that," give examples of what is a better thing to do, and even act it out for her. Even try to involve her in discussing how to change her behavior. Give advance notice before making a transition to a different activity. Involving him in simple chores (put toys away, tear lettuce) makes him feel important and sets a good example for later on! Time outs should be for 2-3 minutes in an unstimulating, public place.



Safety

Review child-proofing handout. Continue to be careful about water, burns, and car seats. Check your smoke detector batteries at least once a year. Make sure your car seat is installed correctly in your car (1-800-SEAT-CHECK). Poison control: 1-800-222-1222.

Name _____

Date _____

Height _____ Percentile _____

Weight _____ Percentile _____

BMI _____ BMI percentile _____

Acetaminophen (Tylenol) dose:
ml every 4 hrs. _____

Ibuprofen (Advil or Motrin) dose:
ml every 6 hrs. _____

Immunizations and note for today:

