



Three Years Old

As your child grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your child be healthy. If you have concerns about your child's growth or development, talk to his or her doctor.

Visit this link for milestones:
<https://tinyurl.com/u97nthb>

Your child can

- Enjoys playing with other children
- Jumps in place, pedals a tricycle, unzips and unbuttons
- Speaks in sentences. People who don't know her can understand what she is saying
- Asks a lot of Why questions
- Follows directions with two or three parts

Doctor Appointments

When your child has regular checkups his doctor can track his growth and development. You have a chance to build a relationship of trust with your doctor, and address your concerns.

- See the doctor once a year for a well child check
- Your child will grow approximately 2 1/2 inches and gain 4-5 pounds this year.
- See the dentist twice each year

Parenting Tips

- Protect your child's teeth by supervising tooth brushing with a pea sized amount of toothpaste at bedtime and at one other time during the day.
- Questions about toilet training? Find information here.
<https://tinyurl.com/ybo7r9pg>
- Limit TV and screen time to 1-2 hours each day

Keep your child safe

- Be sure your child's car seat is correctly installed in the back seat of your vehicle
- See Illinois guidelines for car seats <https://tinyurl.com/olvsczo>
- Supervise your child at all times. Never leave him alone, especially near cars, machinery or water without a mature adult in charge
- Never shake your child, handle her roughly or yell at her. Listen to your child Treat her with respect. Expect others to do the same
- Limit sun exposure. Use sunblock with SPF 30. Reapply at least every 2 hours when outside. Follow label directions when using bug repellent

Help your child learn

- Make time for play. Schedule play dates, go to the library for story time, spend time with your child
- Notice positive behavior. "You figured out how to share the train. Nice job"
- Encourage problem solving "You both want the ball. What if you toss it to each other?"
- Read to your child. Ask questions that need more than a yes or no answer
- Show your child how to wash their hands and cover their cough or sneeze

Feeding your child

- Your child may have strong opinions about food. PBJ every day for a week, then no PBJ at all. Offer a variety of healthy foods and let him choose what and how much he will eat. Learn more at <https://tinyurl.com//ttqpf6s>
- Make meal time a family activity. Turn off the television during meals
- Do not fixate on the amount your child eats or make meal time a battle

Take care of you

- Any effort you put into self care has huge benefits for your child. When you "fill your cup, you will have more energy and patience for your family
- Journal. Write down thoughts, feelings, hopes and disappointments
- Take a walk. Fresh air and exercise help release "feel good" chemicals in your body
- Think of 5 things your are thankful for. Sometimes we just need to shift our focus

Poison Control Hotline 1-800-222-1222

