

## 3 year Check-up

Normal Development Your child may...

### Social:

- Have self-care skills (e.g., self-feeding and self-dressing)
- Have imaginative play is becoming more elaborate, with specific themes or story lines
- Enjoy interactive play

### Motor skills:

- Build a tower of 6 to 8 cubes
- Throw a ball overhand
- Ride a tricycle
- Walk up stairs alternating feet
- Balance on 1 foot for 1 second

### Sleep

- A 3 year old sleeps about 9-10 hours a day. About 50% of 3 year olds still nap.

### Diet

- A toddler frequently eats a large amount at one meal and very little at the next. However, hunger guides him and he eats a sufficient amount over time. The key is to offer nutritious foods consistently and not worry about whether all the food is finished each time.
- Let your toddler decide what and how much to eat from an assortment of nutritious foods you offer. Trust your child's ability to know when she is hungry and full. If she asks for more, provide a small, additional portion. If she stops eating, accept her decision.

### Toilet Training

- At this age your child may be toilet trained during the daytime for both bowel and bladder
- You can help your child be successful by: dressing her in easy-to remove pants, establish a daily routine, place her on the potty every 1 to 2 hours, and provide a relaxed environment by reading or singing songs while she is on the potty.

### Hygiene

- Continue twice daily tooth brushing with water. Your child should now visit the dentist for the first time.

### Stimulation

- Give your child opportunities to make choices, such as what clothes to wear, books to read, and places to go.
- Encourage your child's language development and awareness of sounds by reading books, singing songs, and playing rhyming games. Look for ways to practice reading wherever you go (e.g., STOP signs or boxes at the supermarket).
- Ask your child questions about the story or pictures. Let him "tell" part of the story.
- Start teaching your child about numbers, letters, colors, and shapes.
- Encourage your child to talk with you about his preschool, friends, experiences, and observations.
- If your child is not in child care or preschool, make sure she has opportunities to play with other children.
- Children should not be inactive for more than 60 minutes at a time, except when sleeping.
- If you let your child watch TV, watch together and talk about what you see.

- Copies a circle

- Draw a person with 2 body parts (head and one other part)

### Language/Communication:

- Carry on a conversation with 2 to 3 sentences spoken together
- Be understandable to others 75% of the time
- Name a friend

### Cognitive:

- Know the name of and the use of a cup, ball, spoon, and crayon
- Identify self as a girl or a boy

- Be aware that the TV show may be appropriate for your child, but the commercials may not be.
- Limit TV watching to no more than 1 to 2 hours per day. Choose alternatives for together time, such as reading, listening to music, or playing games.
- Children should not have televisions or DVD players in their bedrooms.

### Discipline

- Praise your toddler for good behavior and accomplishments.
- Don't allow your child to hit, bite, or use other violent behavior. Stop it immediately and explain how the behavior makes the other person feel. Help your child apologize.

### Safety

- When your child reaches the highest weight or height allowed by the manufacturer, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat, consider whether she is mature enough for the greater flexibility of movement allowed by a belt-positioning booster seat. If not, use a forward-facing seat with a harness with a higher weight limit or a travel vest.
- Never leave your child alone in the car, house, or yard.
- Do not expect young brothers or sister to watch over your child.
- Supervise all play near streets or driveways. Your child is not ready to cross the street alone.
- Many young children are excellent climbers. To prevent children from falling out of windows, keep furniture away from windows and install operable window guards on second- and higher-story windows.
- Young children simply do not understand how dangerous guns can be, despite your warnings. The best way to keep your child safe from injury or death from guns is to never have a gun in the home. If it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun.
- Keep the Poison Control Center number handy 1-800-222-1222. Do not make your child vomit.
- Make sure that any other caregivers, such as relatives or child care providers, follow these same safety guidelines.
- Be sure that your child wears a helmet when riding on a tricycle or in a seat on an adult's bicycle. Wear a helmet yourself. Make sure everyone's helmets properly fit according to the manufacturer's instructions.

### Health Maintenance

- Immunizations- See immunization handout.
- Acetaminophen (Tylenol): Please go to [www.vapg.com](http://www.vapg.com) and click on "Medicine Dosages" for correct dose of tylenol.
- Your baby's next check up is at 4 years age.