



# 3 Years

While rearing a child at any age is no snap, things should get easier during the third year. Most 3-year olds can be reasoned with. They will take turns and may even share toys. A child in this age group will help the parents get him or her dressed. Most are toilet trained during the day, although it is common for an occasional “accident” while busy playing.

## **Developmental and Milestones**

- Can name pictures in a book.
- Names at least one color.
- Knows his or her own name.
- Begins to use pronouns.
- Is able to put on his or her own shirt, but will need help with shoes and buttons.
- May be able to ride a tricycle.
- Can jump in place and stand briefly on one foot.
- Can open doors!
- Understands words such as "cold, tired, and hungry".

## **Feeding and Nutrition**

- Appetite is a shade better than what it was a few months ago, but still not what most parents think it should be.
- The child should be able to feed themselves.
- Avoid nuts, hard candy, uncut grapes, hot dogs or raw vegetables. Control sweets and junk food.
- Eat dinner together as a family whenever possible.
- Begin to teach proper table manners, and encourage conversation during family meals.
- Turn the TV off during meals.

## **Parenting and Behavioral:**

- Arrange time for safe running and playing outdoors.
- Playmates are important.
- It's normal to have imaginary friends.
- Limit television viewing.
- Do not worry if child becomes curious about body parts. Always use correct terms for genitals.
- Discipline should be firm and consistent; but loving and understanding.
- Encourage child to make choices whenever possible.
- Provide alternatives.
- Avoid power struggles. No one wins!
- Continue reading books.
- Child may continue to use a security object (blanket, stuffed animal, etc.).
- Keep family outings short and simple.

## **Sleep**

- An afternoon nap is usually still needed.
- Fears of the dark, thunder, lightning, etc. are quite common.
- Nightmares can be triggered by changes or stress.
- Maintain a consistent bedtime and bedtime routine.

## **Oral Health**

- Supervise brushing twice a day with a small amount of fluoridated toothpaste.
- See a dentist if you haven't already.
- Limit juice and sweets.
- Continue giving a fluoride supplement if recommended by your pediatrician.
- Make sure you have stopped pacifier use.

## **Toilet Training**

- Many 3-year olds are trained during the day, but still do not stay dry at night.
- Note that the age at which using the bathroom by themselves varies.

## General Health and Safety

- Provide a smoke free environment.
- Begin to teach your child his or her full name, address and phone number.
- If bicycling, teach safety rules and insist on helmet use.
- Use proper car safety restraints in the back seat.
- Always walk behind your car, and make sure to see your toddlers face, before backing out of the driveway.
- Maintain carbon monoxide and smoke detectors.
- Trampolines are not recommended because of the risk of serious injury.
- Keep firearms out of the home or in a locked, out of sight container, unloaded.
- Be careful of items that can be left on a counter (knives, scissors, cleaning agents, etc.)
- Note that there is no such thing as a “child proof” cap.
- Always supervise when your child is playing near a street.
- Be careful when using power lawn mowers and other power tools.
- Never have a child ride with you on lawn or farm machinery.
- Never leave a child unattended in a car or a house.
- Use waterproof sunscreen.
- Begin to teach your child not to talk to strangers.
- Watch your child carefully around dogs.

Date \_\_\_\_\_

**Your Next Visit:** 4 Years

Height \_\_\_\_\_ Percentile \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ AM/PM

Weight \_\_\_\_\_ Percentile \_\_\_\_\_

Provider \_\_\_\_\_

