



APL Bright Futures Handout

3 Year Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

ENCOURAGING LITERACY ACTIVITIES

Reading and Talking With Your Child

- Read books, sing songs, and play rhyming games with your child each day.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store.
- Ask your child questions about the story or pictures. Ask him to tell a part of the story.
- Ask your child to tell you about his day, friends, and activities.

PROMOTING PHYSICAL ACTIVITY

Your Active Child

- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active together as a family.
- Limit TV, video, and video game time to no more than 1 hour each day.
- No TV in your child's bedroom.
- Keep your child from viewing shows and ads that may make her want things that are not healthy.
- Be sure your child is active at home and preschool or child care.

NUTRITION

Nutrition

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.

- Offer at least 6 ounces of drinking water that contains fluoride each day. If you live in an area that has well water, ask our physicians about supplemental fluoride vitamins.
- Ensure your child is eating a well-balanced diet and avoiding "junk foods" which contain too much fat, salt and sugar.
- Children at this age may start to show signs of finicky eating. Instead of coaxing and insisting that your child eat a full portion of an unfamiliar food, offer smaller portions of a variety of foods on his plate and applaud any efforts at tasting.
- Make meals a shared family event which allows your child to look forward to the conversation and fun of a family eating together.
- Refer to the website www.choosemyplate.gov for suggestions on healthy eating and proper food portions.

CHILD DEVELOPMENT

Developmental Milestones

- By three years of age your child may already be toilet-trained or in the process of toilet-training. Keep in mind that dryness is achieved first in the daytime, and many will still wet their beds at night.
- Your child may start skipping naptimes and because of this, may become irritable when overtired and may need help calming down. If your child needs a nap but refuses it, a "rest period" is a good alternative.
- Language at this age should include short sentences with plurals and past tense and be at least 75% intelligible.
- A child this age may know basic shapes and colors, sing the alphabet and know his full name, age and gender.

- Your child may have an active imagination, engage in pretend play, and become more independent with brushing his own teeth, feeding himself and dressing and undressing.
- Other activities that your child may show interest in is playing with building blocks and puzzles.
- A three year old can also jump in place, learn to pedal a tricycle and walk up stairs with alternating steps.

FAMILY SUPPORT

Family Support

- Take time for yourself and to be with your partner.
- Parents need to stay connected to friends, their personal interests, and work.
- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have regular playtimes and mealtimes together as a family.

SAFETY

Safety

- Use a forward-facing car safety seat in the back seat of all vehicles.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org



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Safety (cont.)

- Switch to a belt-positioning booster seat after your child weighs 40 pounds or when your child outgrows her forward-facing seat.
- Never leave your child alone in the car, house, or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Supervise play near streets and driveways.
- Apply sunscreen with SPF 15 or higher on your child's skin at least 15-30 minutes prior to outdoor activities. Reapply every 2 hours.
- If your child will be playing outdoors between dusk and dawn, be sure to spray insect repellent that contains up to 30% DEET on exposed skin as well as on clothing. The higher the percentage of DEET, the longer it will last (up to 6 hours for 30% DEET).
- Install a carbon monoxide detector in your home and have smoke detectors on every level of the house. Test smoke detectors monthly and change the batteries every year.
- Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows.
- Set your hot water heater temperature at or lower than 120 degrees Fahrenheit.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

PLAYING WITH PEERS

Playing With Others

- Playing with other preschoolers helps get your child ready for school.
- Give your child a variety of toys for dress-up, make-believe, and imitation.
- Make sure your child has the chance to play often with other preschoolers.
- Help your child learn to take turns while playing games with other children.

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