

6/12/2014 3 Year Visit

Suggested Diet/Feeding Reminders

A balanced diet continues to be important. Remember the four food groups (milk, meats, fruits and vegetables, and breads and cereals.)

Become food-conscious on behalf of your child

Avoid nuts, fruits with seeds, round fruits like grapes, stringy veggies, raw carrots, popcorn, hard candy, gum or hot dogs! For these foods, wait until your child is around 4 years of age.

Offer water first if your child is thirsty

Don't allow eating to become a power struggle

Avoid junk foods and drinks

Use mealtimes to teach table manners

Be flexible in the form of food your child prefers

Let mealtimes be a family social event

Remember to brush your child's teeth twice daily. He/she should see the dentist between now and four years of age.

Sleep Issues

Establish and keep a bedtime ritual.

Set a time for bed, with a story or quiet time before. Be firm when it comes to going to bed. Toddlers need routines!

Avoid bedtime or nighttime snacks.

Your child may discontinue his/her nap.

Safety Issues

Always use an approved and appropriately sized car seat when traveling.

At 80 lbs., your child may use a regular automobile safety belt, but booster seats are still available. She/he should ride in the back seat!

Store knives and firearms out of reach!

Your child should be closely supervised when outdoors, especially when near a street.

Never leave your child alone around water, not even for a second. Knowing how to "swim" does not make a child water-safe at this age.

Poison-proof your house! Poison control: 1-800-222-1222

Remove potential toxins from reach

Don't smoke around your child

Watch out for potential burns!

Talk to your child about not following strangers, and not accepting touching or conversation they don't like by others.

Enjoy! Your child soon should be able to:

Jump in place, kick a ball, balance and stand briefly on one foot

Pedal a tricycle

Open doors

Demonstrate speech that is mostly intelligible

Know his/her name, age, sex

Can convey use of ball, scissors, key, pencil

Describe action in picture books

Put on some clothes and shoes

Discipline

Explain consequences of unacceptable behavior.

Use "no" sparingly

Use consistent approaches with discipline

Keep in mind that discipline is a form of guiding your child and teaching him/her how to gain self-control, to respect other's rights and to live by society's rules

Praise your child for correct behaviors

Toilet Training

By age 3, 90% of children are bowel-trained, 85% dry in day, 60-70% dry at night.

Don't be discouraged; seek help from your pediatrician if there are questions or if your child seems resistant.

Read stories to your child

Give your child opportunities to talk about his/her day

Offer your child choices in appropriate situations

Promote out-of-home experiences as good opportunities for learning

Suggested toys: blocks, simple puzzles, beads, pegs.

Suggested activities: Sand and water play, reading and books.

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Transient speech dysfluency is common in this age. Give your child time to express him/herself in words.

Limit TV watching to less than 2 hours a day. Watch programs with your child and discuss what you see.

Parents should be prepared to answer questions related to “where babies come from.” Answer questions honestly, at a level appropriate to the child’s understanding and within the boundaries of the question.

Excellent resource: [What to Expect the Toddler Years](#), by Eisenberg, Murkoff, and Hathaway

