



# THREE YEARS OLD

## WELL CHILD CHECK

### NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
- SKIM OR 2% MILK
  - NO MORE THAN 16-24 OZ OF MILK PER DAY
- EATING SHOULD BE FUN! ALLOW YOUR CHILD TO DECIDE WHEN HE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

### YOUR DEVELOPING CHILD

- DRESSES SELF
- LEARNS TO PLAY WITH OTHERS
- TALKS CLEARLY MOST OF THE TIME

### BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TEMPER TANTRUMS ARE NORMAL. DO NOT DISCIPLINE WITH SPANKING.
  - PRAISE GOOD BEHAVIOR.
  - SET LIMITS.
  - USE DISTRACTIONS.
  - REMOVE FROM SITUATION.
- OFFER YOUR CHILD CHOICES

### HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY WITH PEA SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

### KEEP YOUR CHILD SAFE

- FORWARD FACING CAR SEAT WITH 5 POINT HARNESS IN THE MIDDLE OF THE BACKSEAT UNTIL HEIGHT OF 4'9".
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
  - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- DO NOT LET YOUR CHILD CROSS THE STREET ALONE.
- MOVE FURNITURE AWAY FROM WINDOWS.
- TEACH YOUR CHILD HER ADDRESS AND CAREGIVERS' PHONE NUMBERS.
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

### ACTIVITIES

- IMAGINATIVE PLAY!
- READ WITH YOUR CHILD EVERY DAY.
- PROVIDE OPPORTUNITIES FOR YOUR CHILD TO PLAY WITH OTHER CHILDREN
- THINK ABOUT STARTING PRESCHOOL
- LESS THAN 1 HOUR PER DAY OF TV, IPAD, COMPUTER, AND CELL PHONE TIME

NEXT VISIT: AGE 4 YEARS  
FOR MORE INFORMATION, PLEASE VISIT  
[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)