

Things to Keep in Mind, continued:

- Encourage interactive play and turn-taking with children the same age.
- Continue to keep your child's environment free of smoke.
- During this sometimes "bossy" stage, your child may try your patience. Just remember to be calm and speak in a firm tone when addressing your child's behavior; let them know it's the action you don't like, not the person.
- Children may become fussy when tired (especially when they haven't had a nap) and may need help calming down.
- Switching from highly active to more restful activities can be helpful before bedtime.
- Parents should never threaten to leave or abandon their child; children can't always tell when parents are joking.

AT 3 YEARS, YOUR CHILD CAN:

- Run and climb, walk alone up and down stairs.
- Love to have you read to them even if they can't sit still for very long. They may love the same story over and over.
- Use many words and make sentences.
- Point to body parts.
- Jump and throw a ball.
- Copy a line with a crayon.



Community Care
OF NORTH CAROLINA



AT 3 YEARS



TO CONTACT YOUR
MEDICAL HOME:

3 YEAR VISIT

Weight _____ Height _____

Today's Visit

- You will talk about your child's growth and development. Your provider will ask for an update on your child's health.
- Your child will have a physical examination.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Questions or concerns about toilet training.
- Your child's ability to feed and dress themselves.
- New words and phrases your child has recently learned.
- Child care, preschool or early intervention programs.
- Your child's ability to understand and follow specific rules.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Talk to your child's other caregivers about issues they might want you to raise with the doctor.
- Talk to your child about the next visit with your provider, including the physical exam, immunizations and other procedures.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

What to expect:

- Your child will have a physical examination.
- You will fill in a questionnaire about your child's development.
- Your child's vision, hearing and blood pressure will be checked.

Things to Keep in Mind:

- Be sure that playgrounds are safe.
- Children should be taught about the dangers of chasing a ball or dog into the street, but may not remember so they must be closely supervised when near a street.
- Teach your children about strangers. They should never allow anyone to touch them in ways they don't like.
- Know where your child is at all times. They are too young to be roaming the neighborhood alone.
- Teach your child to brush their teeth.
- Provide healthy meals and snacks; your children should not be fed nuts, hard candies or chewing gum.
- Expect normal curiosity about body parts and use correct terms.
- Praise your child and encourage them to talk with you.
- Read together; encourage your child to tell the story.
- Limit television watching to an average of one hour per day of programs made for their age. No TV in the bedroom.
- Help brothers and sisters learn how to resolve problems and handle their anger.