
Countryside Public Health



Health

TRACKS

Age 3 years

Greetings!

Hurrah! Your child has reached the magic year of 3 when her world is filled with fantasy and wild imagination. She is more sociable, has better emotional control, and is so curious about everything.

Your child can now speak clearly, enjoys other children, begins to learn to share and take turns, and asks "why" a million times. She will begin to be even more independent and can distinguish between boys and girls.

Your child's health care

Well-Child Check Ups:

Your child is due for a 3 year old well child check up. It is now time for her first visit to the dentist. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 3 year checkup.

Sometime during this next year you can take your child to pre-school screening to see if she is developing normally and will be ready to start school. Call

your local school for more information. This is required for your child to be able to go to kindergarten.

Ask your local health care provider if your child needs a fluoride supplement.

Immunizations (shots):

No immunizations are needed until age 4 - 6 if her immunizations are up to date, except their annual flu vaccine. If your child is behind it is not too late to get caught up.

tip

Provide play dough, finger paints, crayons, pens, pencils, and lots of paper for her to draw and play with.

Common health concerns

- Injury is the biggest threat to a 3 year old. She likes to climb and try new skills and should be watched around playground equipment or taken to the park.

- She will grow about 3-1/2 inches and gain about 5 pounds during this third year.

Your growing child

- ♥Can ride a tricycle.
- ♥Build a 9-10 block tower.
- ♥Kick a ball forward.
- ♥Draw line drawings, trace and write simply.
- ♥Loves to role play.
- ♥String large objects together.
- ♥Name 6 body parts.
- ♥Name 4 colors.
- ♥Can help dress and undress self.
- ♥Curious about body and how it works.
- ♥Has 10-20 minute attention span
- ♥Alternates feet when going upstairs.
- ♥Knows name and age and can learn her address.
- ♥Continues to lose baby fat and gain muscle.
- ♥Has many fears and tells tall tales.
- ♥May have imaginary friends.
- ♥Uses 3-5 word sentences and may use foul language and chatters constantly.
- ♥Is learning to use pronouns such as "I", "you", "me", etc.
- ♥The sounds of B, P, M, W, and H will emerge during this year in her speech.
- ♥Has more bladder and bowel control during the day and usually stays dry at night.
- ♥Has all her baby teeth.
- ♥Can pour liquid from a pitcher into cups.

tip

Use child-safe scissors and teach her how to cut on lines.

Safety check



Here are a few simple rules to follow to make sure that your child is safe:

- ✓ Continue to ride in appropriate car seat until at least 40 lbs and then switch to a booster seat, so the lap and shoulder belts fit correctly. They should ride in the booster seat until 80 lbs.
- ✓ Keep dangerous chemicals, cleaning fluids, and all medications away from child. The poison control number is 1-800-222-1222.
- ✓ Use at least #15 sunblock when child is outside. Reapply frequently.

- ✓ Never leave your child alone in a vehicle.
- ✓ Always turn handles of pots on the stove inward.
- ✓ Always observe your toddler closely when near any body of water.
- ✓ Keep firearms, unloaded, ammo stored in a locked cabinet and out of reach.
- ✓ Store knives and firearms out of reach.
- ✓ Teach your child the danger of going into the street.
- ✓ Teach your toddler to be careful around strange dogs, especially when they are eating.
- ✓ Teach your child not to go with strangers.
- ✓ Teach your child to tell you about any touch she does not like even if done by relatives.
- ✓ Watch your child carefully around parking lots, sidewalks and streets.

Messages for Healthy Eating and Physical Activity

- ♥ An active child is a healthy child. Limit TV viewing to 1 hour per day.
- ♥ Pour good health into your child. Serve water at snacks.



Positive parenting

- ♥ Help your child express emotions verbally rather than hitting, screaming, biting, or physically attacking others.
- ♥ Answer your child's questions with simple, short, honest answers – she may even ask where babies come from.
- ♥ Provide private time with her where she has your undivided attention.
- ♥ Let your child express her affection for you freely. Be ready to hear them express their annoyances too.
- ♥ Listen to your child's opinions.
- ♥ Give choices when possible.
- ♥ Remind her to go to the toilet during the day.
- ♥ Don't joke about leaving your child alone or locking her up; she may be afraid for a long time.
- ♥ Can use time-out for discipline or withhold an activity - avoid yelling or spanking.
- ♥ Let your child help and do simple chores.

Feeding your child

- Can now feed herself completely, drink neatly and use a fork.
- May like some foods one day and not the next.
- May eat a lot one day and not much the next day.
- Have your child brush teeth.

If you have any concerns/questions about feeding your child please call WIC or Countryside Public Health.

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.

Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.

We hope you are still finding our letters helpful. If you have friends that are pregnant or have young infants, please tell them about our newsletters and have them call us to start receiving them.

We will be writing again before your baby is 4 years old. Relax and enjoy this exciting stage of your child's development.

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215

320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241

320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN 56265

320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256

320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278

320-839-6135 or 1-866-277-5587