

3 Year Old

Developmental Milestones

Feeding and Nutrition

Well Child Check

Recommended Immunizations

Your Child and Preschool

Preschool helps develop social/emotional skills and gives
Choosing the right preschool or childcare center for you and your child can be a daunting task, here are a few tips to help:

Refer to the Montelores Early Childhood Council list of local childcare programs and website at <http://monteloresecc.org> for advice about choosing the right setting and information on quality rated programs

Visit at least three different preschools. Ask for a tour and, if possible, to observe a classroom. Ask the Director about:

- ◆ price
- ◆ hours of operation
- ◆ afterschool program (if needed)
- ◆ staff-Child ratio
- ◆ illness policy
- ◆ curriculum

Developmental Milestones

Year 3

Social/Emotional:

- ◆ copies adults and friends
- ◆ shows affection without being asked
- ◆ takes turns
- ◆ understands the idea of “mine” and “his” or “hers”
- ◆ shows many varying emotions
- ◆ may get upset with major changes in routine

Language:

- ◆ follows instructions with 2 or 3 steps
- ◆ knows and communicates first name and age
- ◆ identifies self as girl or boy
- ◆ names a friend
- ◆ talks well enough for anyone to understand about 75% of the time
- ◆ converses using 2 to 3 sentences

Cognitive:

- ◆ can work toys with buttons, levers, and moving parts
- ◆ plays make-believe with dolls, animals, and people
- ◆ successfully completes puzzles with 3 or 4 pieces
- ◆ copies a circle with pencil or crayon
- ◆ turns book pages one at a time
- ◆ uses more than 6 blocks in tower
- ◆ screws and unscrews jar lids or turns door handle

Physical Development:

- ◆ climbs well
- ◆ runs with ease
- ◆ pedals a tricycle (3-wheel bike)
- ◆ walks up and down stairs, one foot on each step

Developmental Milestones

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- **Tell Your Health Care Provider if your child:**
 - ◆ falls down a lot
 - ◆ has trouble with stairs
 - ◆ drools or has very unclear speech
 - ◆ can't work simple toys
 - ◆ doesn't speak in sentences
 - ◆ cannot understand simple instructions
 - ◆ does not play pretend or make-believe
 - ◆ doesn't want to play with other children or with toys
 - ◆ no eye contact
 - ◆ loses skills he once learned

Remember: all children grow/mature at different rates

Feeding and Nutrition

- Set designated mealtimes for whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate.
- Include many textures; plenty of fruits, vegetables, proteins, and dairy being
- Decide when and where your mealtimes happen and offer many healthful choices
- A serving size for this stage is 1/2 slice of bread, 1/2 cup of milk, 1 slice of cheese, 3-4 tablespoons of vegetables, 3-4 tablespoons of fruits, 3-4 tablespoons meat (or 2 tablespoons peanut butter)
- Allow your toddler to choose which foods and how much to eat
- Avoid sugary drinks - Good choices are water and milk
- 4 oz of 100% juice (no sugar or high fructose corn syrup added) once per day can be a good choice
- Always cut a child's meat in pieces and avoid known choking hazards such as, raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve; this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

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**5 servings of fruits & veggies
2 hours or less screen time
1 hour or more exercise
0 sugary drinks daily!**

Well Child Check

Year 3

During this check-up your child will be evaluated for health issues, development, growth, oral health, and vision

Topics to discuss with your Health Care Provider:

- ◆ parenting style and constructive discipline
- ◆ sibling relationships
- ◆ balancing family time, independent time, alone time with partner and work
- ◆ encouraging communication and early literacy
- ◆ social opportunities and peer play
- ◆ physical activity and TV limitations
- ◆ child safety
- ◆ any concerns about growth or development

Recommended Immunizations:

- ◆ Influenza (Yearly)