

PAVILION POINTS TO REMEMBER: 3 YEARS OLD

Feeding

- Ways to help a picky eater:
 - Have meals together as a family. Be the role model of healthy eating. Put at least a small amount of what you are eating on your child's plate.
 - Continue to offer new foods and those your child didn't like before. It can take more than 10 times tasting a food before your child's taste buds accept it.
 - Toddlers are usually a fan of finger foods and especially with a dip.
 - Avoid fighting over meal time and punishing for not eating
- Continue to avoid foods with increased risk of choking. Cutting grape, hot dogs, etc lengthwise.

Development

- Motor**
Climbs and runs well, jumps up and off of things, hop one foot, pedals tricycle, walks up and down stairs alternating one foot each step. Dresses and undresses. Copies circle. Screws on lids, turns door knobs.
- Cognitive development**
Imagination is taking off. Copies what adults and friends do. Usually does better with separation from parents. Can do simple puzzles. Enjoys toys with buttons – cause and effect.
- Language/Communication**
Most speech is understandable to others. Has conversations using 2-3 sentences at a time. Names friends. Says name, age, and gender. Openly shows affection.

Sleep

- If your child is stalling bedtime it may help to give them some control like picking out the story and or pajamas. Keep a routine.
- Nightmares occur at this age. Provide reassurance they are safe. Can help to have a security item like a blanket or stuff animal.
- Continue naptime –your child needs it even if they are on a nap strike. Keep quiet time in their room during naptime if refusing to sleep.

Safety

- You child should remain in forward facing harness car seat in the back seat
- Teach safety with moving vehicles. Staying away or hold hands when near cars, lawnmowers, garage doors, etc.
- Teach water safety – watch your child constantly whenever he/she is near water. An adult should be in arms reach at all times.
- Have your child wear a good-fitting helmet when on bikes, trikes and scooters
- Use of insect repellent and sunscreen. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher. Remember to reapply every 1-2 hours if getting wet.

Behavior

- Try to limit TV and videos to no more then 2 hours each day.
- Allow plenty of time for play, including make-believe and physical activity.
- This age likes to help with tasks around the house.
- As your child's imagination takes off, reality and fantasy intertwine at times which allows for some interesting stories but also may create fears. Respect your child's fears.
- Children this age like to play with other kids and are continuing to learn to take turns.
- Provide you're your child with toys that help explore his or her imagination such as building blocks, big legos, dolls, dress-up, arts and crafts, etc.
- You will still see temper tantrums at this age. See our temper tantrum link for helpful tips. Can do time-outs for inappropriate behavior (throwing toys, hitting, etc). Keep time-outs to only 3 minutes at this age.

What to expect at Today's Visit

- Woohoo no shots! Unless flu season.
- Next well visit will be at 4 years old. At this visit there will be two vaccines given covering DTAP, Polio, MMR and Varicella.

