

Health is a Journey!!

What to expect after 3 years!

QUICK TIPS!

Safety Issues - Your child may seem so "grown up" now, but still needs almost constant supervision! Post the Poison Control Number

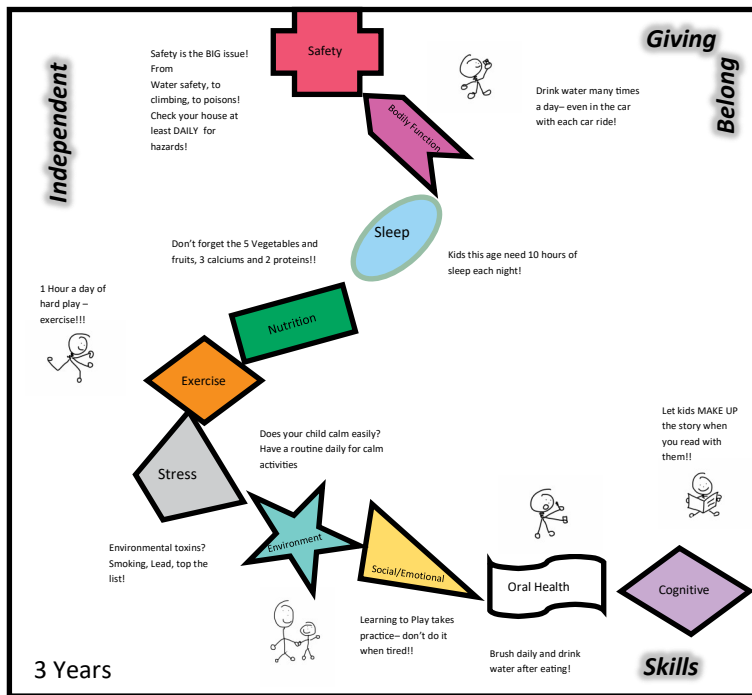
1-800-222-1222

TV/video/computer time should be limited to 1 hour/day.

Routines should be started for EVERYTHING— from reading DAILY to BRUSHING TEETH, to EATING on schedule to getting 10 Hours of SLEEP, to EXERCISING 1 hour a day. It is HARD, but your child will know what to expect and will ACT BETTER!!

Family Issues-Any one in the family have an addiction problem? An anger issue? Problems with a mental health concern? All of these affect YOUR CHILD'S DEVELOPMENT! Ask for help if needed.

The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** when your child grows up! How exciting is that? And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!



One Day at a Time!!

And it all happens each Day as you make choices! Here are a list of things to possibly add to your Healthy Child Calendar, to be sure they get done:

Healthy Child Calendar

Pick one up to use as a reminder!!!

1	2	3	4	5	6	7
	1. See the Eye Doctor and Dentist yearly					
7	2. Had a fire/disaster drill lately?					
15	3. Any new family history that would require testing (like high cholesterol)?					
22	4. Check with Child Care Provider on all issues!					
	5. Check Safety Issues—See other information					
	6. Read Daily!!!					

A Day in the life..

Dear All-the-People-Who-Love-Me,

Here is a list of things to keep in mind, when you get frustrated with me:

- 1) Please remember that I am really cute, when I'm not being obnoxious.
- 2) I MAY be obnoxious because I am tired, or hungry. Please be SURE you don't put me in places where you even think I will misbehave (like taking me to the store or out to eat) when I haven't had my nap, or may be hungry (at least give me a cheese stick or something healthy with protein before going!).
- 3) I MAY be obnoxious because I am THIRSTY! I don't always know I am thirsty, and won't be able to really tell until I am an adult! SO, I need YOU to remind me to drink, drink, drink! Please make it a habit when we get in the car and throughout the day!
- 4) I am trying to learn to read Social Cues— but I may not be good at it, yet. Please tell me simply, but without ANGER or DISGUST what I need to do.
- 5) I need ROUTINE, and while I may test you, please be consistent. If we can eat at the same time, have the same bedtime routine, and have reading time, I will get better. I need to know what to expect!

Sincerely,

YOUR SPECIAL LITTLE SOMEONE



Give that kid a hug!

Gene...and Dr. Greta

Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

Greta McFarland, MD FAAP
Box 849
Ashley Clinic
Chanute, Ks 66720

3 Years Old!! We are Young Ladies and Gentlemen...sometimes!

MORE INFO IN DEPTH.....

Development is still the Name of the Game- Now is the time to apply all your knowledge of Child Development to daily living, and be sure to include your Child Care Provider in this information! See the Child Care Provider Check List, to jog your memory for any issues that need to be addressed!

Developmental Milestones for Three Year Olds

Jumps in place, balances briefly on one foot. Kicks a ball. Opens doors easily. Pedals a tricycle. Can climb stairs with alternating feet. Speech is 90% understandable to a stranger. Knows full name, age, sex. Can count to three. Enjoys picture books and can describe what is happening in action pictures. Enjoys drawing and can copy a circle and cross. Is learning colors. Can put on some clothes and dress with supervision. Washes and dries hands. Feeds self.

Body Functioning

Nutrition - Children are "selective eaters" from about one year on until middle childhood. At this age they are very much into observing and copying what others do. Be sure your child has good role models for eating and is offered nutritious food. This is the age where junk food starts to have an impact. Con-tinue with a vitamin with iron, and use fluoride, if your water supply has none.

Teeth - Tooth brushing with fluoride toothpaste should be routine. The first dental check should occur now.

Eyes - The first formal eye exam should occur now.

Potty training - By this age 90% are bowel trained. Since the child is learning independence, often they will want to wipe themselves after a bowel movement. Be sure to teach wiping from front to back in girls, to avoid getting the bowel movement into the vaginal area. Often little girls are irritated in this area. One theory is that low estrogen content is to blame. This condition, of course, lasts until the puberty hormones of estrogen and progesterone are circulating, usually around eight years (or a few years before the periods start). Avoiding bubble bath and using a mild soap for bathing, as well as applying a mild cream like A&D or Desitin may help. 85% are bladder trained in the daytime and 60% are dry at night. Night wetting seems to be related to sleep cycles and how deeply a child sleeps. Up to 5-10% of children aren't dry at night until after five years. This trait seems to run in families. There are some interventions, but usually these aren't tried and aren't very effective until after five or six years of age. If a boy in uncircumcised, his foreskin should now be easily pulled back to the ridge around the penis. If you can't pull it back that far, please call.

Activities to Enhance Development

Attention Span activities still need to be planned. With the span now up to three

minutes, a little more involved tasks can be accomplished. Household chores are a natural and good way for the child to feel a sense of accomplishment. He/she may be able to do some of these on his/her own, but will still need some supervision and frequent positive input for sticking with a task. A variety of tasks, from reading to making things, to interactive games, are all good training ground for attention span.

Keeping the daily routine fairly constant is still important; if a child goes to bed at the same time, eats at the same time, etc., the body gets into a habit and functions better!

Communication skills are evolving and need to be encouraged. Allow the child to make up stories, to "read" the books to you (in other words, to tell the story that the pictures portray), or tell you what happened at a recent event (i.e., "Tell me what you did at Grandma's house"). This lets the growing mind interpret the world. The stories may not make sense to you, or the facts told may be inaccurate, or not in the right order, but this is OK. Don't be upset. The child is struggling with the language, the meaning of it, and the organization. Usually children's stories don't make sense until closer to five years. Being patient so the child can "get the story out" is very important.

Imagination is important to develop. Let's-Pretend-Games are fun ways to play with your child, and encourage them to act out different experiences. This type of play is a good way to teach moral values. Since children's brains process what they imagine and dream just as if it was real, it is very important not to expose them to scary movies, or things that are unrealistic (Young children have been known to copy what they see, like jumping out of a window with a towel wrapped around the neck like Superman!) If they see these things, be sure you supervise the activity so you can explain the differences.

Giving your child more choices now, when practical, helps to stimulate thinking and gives him/her a sense you value the opinion. It is still better to give choices between two things you feel are appropriate. For example, ask the child, "Which shirt would you like to wear, the blue one or the red one?", rather than to ask open-ended questions like, "Do you want to get dressed today?" As your child's thinking and communicating abilities grow, ask his/her opinion on issues you both see or experience. For example, if you were watching a TV program, ask the child what he/she would have done, if he/she was the star of the show, or what could have been done to make things better, etc.

Sharing will be an improving skill, but still needs lots of work Helping the child understand others' feelings is one of your most important jobs at this age. Most children this age are ready to be around others their age, and this helps them learn social skills. If your child seems shy or afraid, gently expose him/her to just one or two other children at a time for a short period, at first. These intervals can be increased with the child's comfort level. Usually having something planned when the visitor comes, helps your child not to feel so awkward. Some children need these experiences every few days, to remember the social skills they are learning!

Watch closely how your child is interpreting what you say. Humor is often misunderstood at this age. Adults often make joking comments about leaving a child somewhere, "accidentally" dropping them from a window, or that when they go to the doctor's office they will get a shot, etc. These comments are usually said with another adult present, or are generally meant in fun. But the child may not understand the humor. Is he/she really loved, or just a nuisance? The child may not be sure, and may not know how to ask/find out! This can be the start of self-esteem problems. The way to avoid this is to say and do only things that will make the child realize he/she is an important part of the family; this means he/she has growing responsibilities, privileges, and exciting times ahead with the family!

Watch for signs your child is ready for more responsibility; he/she will want to do more and can complete some tasks. This is the start of giving the child small jobs that the whole family can appreciate!