

Child Care Health Partnership Parent Handout – 3 year old

PARTNERSHIPS

You are your child's first teacher. Parents will be viewed as partners and treated with respect.

- Your parenting style may be different than your parents.
- Show your child how to handle anger and frustration. Teach them to use respectful actions, take time alone, when needed, or be active.
- Give your child the chance to make choices.

SOCIAL AND EMOTIONAL DEVELOPMENT

- Three-year-olds are learning how to get along with others. Your child's caregiver will work with your child on social skills like sharing and being kind.
- Your child is developing a sense of humor and likes to laugh and repeat silly words.
- Your child will seek attention and the approval of adults.
- Your child's caregiver will give your child simple tasks to complete, such as carrying their garbage to the garbage can.
- Your child may be easily influenced by what they watch on TV.
- Make sure to spend at least a few minutes every day doing something you both enjoy doing together like reading, walking, talking or playing a game together.

Learning through Play

- Playing make believe will provide your child with opportunities to try out different roles.
- Your child's caregiver will provide simple games for your child to learn to take turns and simple rules so that your child can begin to learn cooperative play.
- Your child's caregiver will allow your child to do as much as they can for themselves.

Toilet Training

- Most children will be toilet trained by this age, remember each child is unique and develops at their own rate.

PHYSICAL DEVELOPMENT

Fine motor development

- Your child will start to hold a pencil or crayon better.
- Three-year-olds are gaining independence, learning to button, snap, zip and put on their shoes.
- Your child's caregiver will give them the opportunity to practice cutting with age appropriate scissors.

Gross motor development

- Your child will be able to throw and bounce a large ball but may not be able to catch it.

- Your child's caregiver will give your child the opportunity to run, jump, dance, climb, swing and ride a wheeled toy.

Language and Literacy

- This is the age at which children often ask "why?"
- Your child's caregiver will explain why and how things happen.
- Your child's caregiver will encourage interest in reading and writing by sharing words in books, on signs and all around.
- Your child will enjoy repeating words and sounds.
- Books with rhyming words will be read and your child will be encouraged to retell the story.
- Most 3 year olds enjoy sitting together for at least 5 minutes for "story time".

Oral Health

- Your child will brush their teeth everyday, using a pea-sized amount of fluoridated toothpaste.

Learning through Play

- Your child will start to count the items that they are playing with such as blocks, dolls, and cups.
- Your child's caregiver will provide simple science activities like magnets, planting seeds and flying kites.
- Similarities and differences in objects will become easier for your child to identify.
- Your child's caregiver will reinforce colors, counting and shapes in everyday conversation.

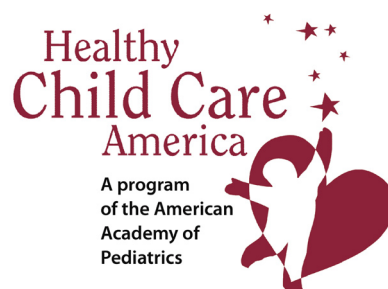


Healthy Active Living at Home

- Limit fast food and dining out. It's much easier to make sure that what your family eats is healthy if you make it yourself!
- Let your child help make family meals with you. Offer simple tasks like putting napkins on the table, placing pre-cut vegetables in the salad, or helping to mix batter.
- If your child has a hard time sitting at the dinner table for very long, try to keep meal times short—10 minutes or so. Let your child get up when he indicates he is finished eating.
- Put healthy foods, such as a bowl of strawberries or bananas, where your child can reach them so when he gets hungry he can easily get to healthy foods.
- Encourage your child to drink water if she is thirsty.
- Limit juice to no more than 4–6 ounces a day. Consider adding water to the juice or offer fresh fruit instead of juice.
- Make sure that everyone who cares for your child offers healthy foods and avoids sweets.
- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Limit TV and videos to no more than 1–2 hours each day.
- Avoid placing a TV in your child's bedroom.
- Be active together as a family.
- Provide active toys. Young children especially need easy access to balls, jump ropes, and other active toys.
- Provide free time for swinging, exploring a nature park, flying a kite, digging in the sand, tumbling in the leaves, or building a snowman.
- Find ways to engage your child in healthy active living such as:
 - playing a game of tag
 - preparing and cooking healthy meals together
 - creating a rainbow shopping list to find colorful fruits and vegetables
 - go on a walking scavenger hunt through the neighborhood
 - grow a family garden
- Enjoy reading together, which can be included in your bedtime routine.

Questions to Ask Your Child's Pediatrician

- "How can I make sure my child is getting enough physical activity?"
- "How often should I read to my child?"
- "What type of car seat should my child be using?"
- "When is my child ready for organized sports?"



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