

DUNWOODY PEDIATRICS

CHILD CARE FROM 3 TO 4 YEARS

Date: _____

Weight: _____ Percentile: _____ Height: _____ Percentile: _____

Immunizations received today: Dtap _____ Polio _____ MMR _____ Prevnar _____

Hepatitis A _____ Hepatitis B _____ Hib _____ Varicella _____

NUTRITION

◆ **Milk/Dairy Products:** 2-3 servings a day (6-8 oz. per serving). Your child may drink 1% or 2% milk. Other milk products include yogurt, cottage cheese, pudding, ice cream or frozen yogurt. 2 oz of cheese is equivalent to 8 oz. milk. Calcium requirement is 500mg.

◆ **Meat/Protein:** 2-3 servings per day. A serving size is 2 oz (4 Tbsp). Lean meat, poultry, fish, legumes, eggs or peanut butter are all good choices. You get the same amount of protein from 1 oz meat as from 2 Tbsp peanut butter, 1 oz. cheese, 1 egg, or ½ cup cooked beans or peas.

◆ **Fruits/Vegetables:** 5-7 servings of each a day, a serving size being ½ cup or 3 Tbsp. Try for 1 serving high in Vitamin A, such as peaches, broccoli, carrots, squash, or sweet potatoes and 1 high in Vitamin C, such as broccoli, spinach or Vitamin C enriched juice. Limit juice intake to 4-6 ounces a day.

◆ **Breads/Cereals:** 6 servings per day, a serving size being ½ slice bread, ½ cup cereal, or 1/3 cup pasta.

Some healthy snack suggestions include: yogurt (low-fat or non-fat), string cheese (part skim milk), dry cereal (whole grain, low in sugar), crackers (whole grain, low-fat), mini- bagels (with low fat cream cheese), fresh fruit and cut up vegetables.

DENTAL HEALTH

Brush your child's teeth daily using a small, soft toothbrush and a non-fluoride toothpaste. 3 years old is a good age for their first visit to the dentist.

SLEEPING

Resisting bedtime is not uncommon. They need 10-12 hours of sleep each night. If they are no longer taking an afternoon nap, try to provide a period of quiet time. Fears of the dark, the unknown, storms, and "monsters" are all common. Maintaining a consistent bedtime and routine, reading a story, using a night light, security blanket, or toys are all ways that may help to lessen the fear. They also have very vivid dreams that often represent the way they viewed some of the events of the day. If they wake up in the middle of the night afraid and crying, try holding them, talking about the dream, and staying with them until they are calm enough to fall back asleep. This is a normal developmental stage and will disappear naturally as your child grows older.

ELIMINATION

Most children are toilet trained during the day. If your preschooler seems capable but not interested in using the potty, try a reward chart using stars or stickers and earning a reward. If you are struggling over potty training, taking a month break can often lead to success. It is not uncommon to take months or years to achieve nighttime dryness. Your child will probably now make the transition from using a potty seat to the big toilet.

DEVELOPMENT/PLAY

They are in a very social stage, and you may want to consider enrolling them in a preschool or participating in a playgroup. Some children at this age have an imaginary friend. This is a normal

part of a blossoming imagination. They may be able to dress themselves completely, but need a little help with shoes and buttons. They may be pedaling a tricycle or some sort of vehicle with pedals. They can jump with both feet, stand on one foot for a few seconds, or may even try to dance. They usually enjoy artwork and may copy a circle. Provide opportunities for your preschooler to climb, run, and jump, using all of their large muscle groups. Play is their work so provide them with dress up clothes, dolls, play kitchen equipment, action figures, etc. to encourage their creativity. Art is enjoyed by this age group and provides an excellent outlet for expression of feelings. Finger paints, safety scissors, paste and crayons are articles that can be available at home and are inexpensive. Musical toys can provide an excellent channel for releasing energy and promoting creativity. Continue to read with your child. Make a point of visiting your local library together. Acknowledge their recognition of letters, sounds, and words.

DISCIPLINE

- Always reward good behavior, this makes them feel good about themselves, and encourages them to behave the same way in the future.
- Establish rules that help your child learn to control his/her impulsiveness and behave well socially without impairing his/her drive for independence.
- Keep their developmental level in mind when setting rules, limits and punishment. "Time out" is an effective method of discipline for this age group and should last about three minutes.
- Don't change the rules or the punishment at random, and try to have all adults/caregivers consistently enforce the same limits.
- Remember that you are a key role model for your child. The more controlled your behavior, the more likely children will be to pattern themselves after you.

SAFETY

- Lock doors to any dangerous areas and keep plug covers on all outlets.
- Begin educating your preschooler about preventing accidents.
- Motor vehicle safety remains critical and is still the greatest risk to your child's health. Use approved and properly installed car seats for every ride. Your preschooler must remain in a car seat or booster seat in the backseat until they are 6 years old or 57 inches tall.

Your child's next well visit should be at 4 years of age.

Additional Resources for Parents

Your Three Year Old, Ames and Ilg (1980)

Six Point Plan For Raising Happy, Healthy Children, Rosemond (1989)

Caring For Your Baby and Young Child: Birth to Age 5 (4th ed.), AAP (2004)

1/10/06