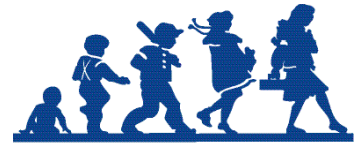


Your 3 – Year – Old



— Goldsboro —
Pediatrics P. A.

Call our office:

- If you have any questions or concerns
- If your child has a fever over 104°
- If you feel your child's behavior is not normal

Developmental Issues

- Your 3 – year – old child should be losing body fat and gaining muscle giving your child a stronger and more mature appearance.
- Most 3 – year – olds should be able to
 1. hop and stand on one foot up to five seconds
 2. go up and down stairs without support
 3. kick a ball forward and throw easily
 4. move forward and backward easily
- Some 3 – year – olds enjoy active games like tag, catch or playing ball with other children.
- Three year olds do not understand the results of running after a ball in the street, therefore adult supervision is necessary to prevent accidents and injuries at all times.
- Most 3 – year – olds may be able to talk in sentences of 5-6 words and imitate most adult speech sounds.
- A 3 – year – old speech should be mostly understandable even to a stranger.
- Some 3 – year – olds may be able to draw circles and squares, use scissors, copy square shapes and some capital letters.
- Read to your child every day!

Nutrition

- On a typical day your child should be eating a balanced diet, which includes a selection of meat, fish, poultry, fruit, vegetables and grains.
- Your 3 – year – old should be feeding themselves using utensils and a cup.
- Your child should be scheduled to see a dentist at this age.
- Parents should encourage their 3 – year-old to brush their teeth after meals and before bedtime.
- 3 year olds may become “finicky” eaters. Always offer nutritious snacks.

Sleeping

- Some 3 – year – olds may have discontinued taking naps during the day.
- A quiet restful, activity may help your child settle down before bedtime.
- A regular bedtime and bedtime ritual is very helpful for calming your child before sleep.
- Most 3 - year – olds are able to remain dry (control their bladders) during the day. Some may still have accidents at night.

Parenting

- Parents should spend quality time with their child every day.
- Parents should involve themselves in their child's pretend play, books and reading.

- Watching T.V. should be avoided at this age. Activities that involve physical activities and imagination should be encouraged.
- Some 3 – year – olds may be curious about boys and girls. Be honest, explain in simple terms and teach correct names for the body parts.

Discipline

- Always reward your child's good behavior. Rewards can be extra privileges or outings, stars beside their name on a chart, activities that can be immediate. Hugs and praise are powerful rewards
- Use natural and logical consequences as a teaching tool. Natural consequences are what would happen if the parent did nothing. Logical consequences are outcomes or punishments a parent may propose as a reasonable result of a specified behavior.
- Punish behavior you do not like. Take away something valuable and assign something the child dislikes if a child's behavior is not acceptable. Punishments should always be immediate. Small, frequent punishments have a better effect than infrequent severe punishments such as spankings. Spanking has effective results only for the moment. If you feel the need occasionally to spank your child follow these guidelines for safe physical punishment.
 - 1) Hit only once with an open hand
 - 2) Never slap your child in the face. Hit only the buttocks, legs or hands.
 - 3) Never shake your child
 - 4) Never use physical punishment more than once a day.
 - 5) Use time out and isolation instead of spankings.
 - 6) Do not allow babysitters or teachers to spank your child

Safety Tips

- Be sure the surface under play equipment is soft enough to absorb a fall. Use a rubber mat, sawdust or woodchips.
- Lock the door to dangerous areas
- Fence in the play area
- Install gates on stairways and window guards above the first floor.
- Keep firearms unloaded and locked in place separate from the ammunition.
- Find something safe for your child to do while you are cooking. Grease, hot liquids and foods can spill and cause serious burns.
- Keep all household products and medicines out of sight and reach. Poison control # 1-800-848-6946. Have syrup of ipecac on hand and use only if told to do so.
- Check smoke alarms every month and replace batteries every year.
- Always use age and size appropriate car safety or booster seat. Questions DOT Hotline 1-800-424-9393



— Goldsboro —
Pediatrics P. A.

Goldsboro Pediatrics, P.A.

2706 Medical Office Place
Goldsboro, NC 27534
Phone: (919) 734-4736
Fax: (919) 580-1017

Princeton Pediatrics, P.A.

P.O. Box 1035
104 East Edwards Street
Princeton, NC 27569
Telephone: (919) 936-3164
Fax: (919) 936-3281

Pediatrics, P.A.

327 Hwy 55 West
Mount Olive, NC 28365
Telephone: (919) 658-9123
Fax: (919) 658-8055

La Grange Pediatrics, P.A.

114 East Railroad Street
La Grange, NC 28551
Telephone: (252) 566-5999
Fax: (252) 566-4430