

# your child @<sup>TM</sup>

## 3 years

highlights of what's  
happening at this stage of  
your child's development ...

Your “little baby” is off to preschool. Her world will get so much bigger. She'll need you to guide her.

### Your child's health

#### The Well Visit

Take your child to the doctor for check-ups and blood pressure readings when he turns 3 and again when he turns 4. Ask your doctor about shots that your child may need before starting school. And catch up on any missed vaccinations.

Let your doctor know if your child cannot:

- Jump in place.
- Scribble holding a crayon between his thumb and fingers.
- Use sentences with more than 3 words.
- Socially connect with other children.

#### The Dentist

Let your child brush her teeth. Then help her to make sure her teeth get cleaned. She should:

- Brush teeth twice a day (especially at night).
- Use a child-size toothbrush with a pea-size bit of fluoride toothpaste.
- Visit the dentist.

#### Nutrition

At this age, offer your child the same foods, at the same times, as you eat.

Choking is still a hazard, so avoid things like candy and cherries with pits. Be careful with:

- Grapes (cut them in half).
- Hot dogs (slice in half the short and the long way).
- Raw vegetables like carrots and celery.
- Spoonfuls of peanut butter, especially crunchy.



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