

3 Years

Developmental Milestones

Gross Motor

- Balances on one foot
- Can jump forward with both feet (broad jump)
- Can stand briefly on one foot

Language

- Can point to and name pictures well
- Understands actions
- Begins to learn colors
- Begins to learn ABC's
- Speech should be 75% understandable
- Knows his own name
- Begins to use pronouns

Fine Motor-Adaptive

- Can build a tower of 5-8 cubes
- Copies a vertical line
- Begins to draw circles

My Child's Growth

Height: _____ %

Weight: _____ %

BMI: _____ %



Personal-Social

- Can name friends
- Puts on a t-shirt well

Anticipatory Guidance

Safety

- ◆ Always place your child in an appropriate car or booster seat, and make sure the seat is appropriately strapped into the vehicle. Remember that car seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around your children.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around or within reach of your child. You never know when he might knock them over onto himself.
- ◆ When your child will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Remember, anchor tall furniture to prevent it from tipping onto your child.
- ◆ Never leave a bottle of milk or juice in the bed with your child. It will lead to tooth decay.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.
- ◆ Begin talking to your children about strangers.
- ◆ If your child is riding a bike, always make sure he is wearing a safety helmet.

© 2004



(813) 657-PEDS

<http://www.premiercarepeds.com>

3 Years

Anticipatory Guidance

Your Child's Care

- ◆ Bedtime routines continue to be important at this age.
- ◆ Continue reading stories. Your child will begin to “read” the stories with you.
- ◆ Your child should continue to have 2-3 servings of dairy per day.
- ◆ Continue brushing your child's teeth daily. He should begin to take over this job at this age.
- ◆ Your child should be eating independently with a spoon and/or fork at this age.
- ◆ Be very careful with foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy.
- ◆ Always supervise your child when he is eating.
- ◆ Remember to choose healthy meals and snacks for your child.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ Time-out continues to be a useful form of discipline as well at this age. Remember one minute for every year of age.
- ◆ Continue to set and enforce rules with your child.
- ◆ Temper tantrums should be resolving at this age. Remember, the best response you can have is to ignore his tantrum, and leave the room (as long as your child is in a safe environment and not hurting himself).
- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ Nightmares may continue at this age. Comfort your child and then tuck him back into his bed.
- ◆ Your child should be toilet training by this age. See toilet training handout for more information.
- ◆ Self-exploration of genitalia is still normal at this age.
- ◆ Continue to teach your child about sharing.
- ◆ Your child will be very interested in making his own choices, and this can be used to your advantage. Instead of saying “no, you have to wear this,” give him two options to choose between.
- ◆ If you have not taken your child to the dentist, you should begin with yearly or twice yearly visits.