



## 3-YEAR DEVELOPMENT QUESTIONS

1. Has your child started using a few sentences and some plurals?
2. Is your child's speech about half- (or more) understandable?
3. Can your child kick a ball, jump, and pedal a riding toy?
4. Has your child started learning her ABCs and a few colors?
5. Does your child help with dressing and try to brush his teeth?
6. Is your child potty trained?
7. Can your child walk up steps, alternating her feet?
8. Does your child play well with other children?
9. Can your child copy a circle and a cross?

## LEAD EXPOSURE QUESTIONS

1. Does your child live in or regularly visit a house built before 1978 with peeling or chipping paint?
2. Does your child live in or regularly visit a house built before 1978 with recent or ongoing remodeling?
3. Does your child have a brother, sister, housemate, or playmate who has had lead poisoning?
4. Does your child live with an adult whose job or hobby involves exposure to lead (such as plumbing, furniture refinishing, pottery, or auto repair)?

## TUBERCULOSIS QUESTIONS

1. Has your child been exposed to a person with known or suspected tuberculosis?
2. Has your child lived in a high-risk area such as Asia, Africa, the Middle East, or Latin America?
3. Does your child have contact with a person who regularly visits a high-TB-risk country?
4. Does your child have contact with institutionalized persons, HIV-infected people, or drug users?

## NUTRITION

Mealtime should be a pleasant time for the family. Your child should be completely feeding himself now. It's common for children this age to be picky eaters, and some days may eat less than others. This is OK. Just be sure the child is eating healthy, nutritious food, and not filling up on junk food. Offer your child healthy foods, and let him decide how much he wants to eat. Don't give your child junk food "just so he'll have *something* to eat." Remember, it's the child's job to know how much he needs to eat, and the parents' job to be sure he eats the right kinds of things.

## DENTAL CARE

As your child gets new teeth, be sure to clean them twice a day. You should be using a paste with fluoride in it. Sometimes thinking up a game to make brushing fun can be helpful. Make sure to brush after last meal/drink before bed. And as always, no food or drink in bed!

Most children will do well with a dentist visit sometime during their third year. If you haven't already, this is a good time to get your child familiarized with the dentist.

## DEVELOPMENT

*Encourage physical activity.*

Many three-year-olds enjoy sand and water play, books and reading, pretend-play with both toys and household objects, and, of course, running! They also can play with blocks, simple puzzles, beads, and pegs. A variety of activities will help your child's motor skills, social skills, language, and development. Try to limit passive activities such as television. When you do allow TV, monitor its content to be sure it's appropriate for your child's age. Be aware what messages programs are sending to your child.

*Provide your child with opportunities to talk about her day.*

Try to have special time alone with him, especially if he has siblings.

*Offer your child choices in appropriate situations.*

For example: red t-shirt, or blue? Toast or waffles for breakfast? Play with blocks or balls? This story or that one?

*At this age, many children understand taking turns and can begin to share.*

*Some children still nap; others are done with naps.*

In either case, a regular bedtime and bedtime rituals remain important. Children often become irritable when overtired and may need help in calming down. Switching from a highly active to a more sedentary, restful activity can be helpful before sleep time. Occasional night fears are usual, and can often be handled with comforting and reassurance.

*Three-year-olds do not understand "tongue-in-cheek" comments, and can't always tell when an adult is joking, so never threaten to leave or abandon a child.*

*Out-of-home experiences, such as nursery school and playgroups, are good opportunities to learn and gain experience.*

These are chances for children to learn to separate from parents and interact with other children.

## DISCIPLINE

### *Childproof your home.*

Go through every room in the house and remove anything that is valuable, dangerous, or messy. Preventive childproofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say "no."

### *Divert and substitute.*

If a child is playing with something you don't want him to have, replace it with another object or toy that he enjoys. This approach avoids a fight and does not place children in a situation where he'll say "no."

### *Teach and lead.*

Have as few rules as necessary, and enforce them. These rules should be rules important for the child's safety. If a rule is broken, after a short and clear explanation, punish immediately by having the child sit alone for 2 minutes. It is very important that punishment come immediately after a rule is broken.

### *Be consistent with discipline.*

Don't make threats you can't or won't carry out. If you say you're going to do it, do it.

## TOILET TRAINING

Approximately 85 percent of three-year-olds are toilet trained and can stay dry during the day. Only 60 percent stay dry at night. By maintaining established bedtime routines, and with continued support, most children outgrow nighttime wetting by 6-10 years of age.

## SAFETY TIPS

### **Prevent Fires and Burns**

- Check your smoke detector and CO detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

### **Prevent Drowning**

Continuously watch your child around any water, including pools, toilets, and buckets.

### **Prevent Poisonings**

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

### **Firearm Safety**

Keep guns locked, unloaded, and ammunition stored separately.

### **Passive Smoke Exposure**

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside or in the car. Even if your child is in another room or not in the car at the moment, he will still be exposed to lingering harmful chemicals later.

### **Help Avoid Falls**

Lock doors to dangerous areas like the basement and garage. Have guards on windows, or keep them locked – window screens will NOT prevent a child from falling out the window. Never underestimate your child's ability to climb!

### **Vehicle Safety**

Pennsylvania state law states that children *must* be secured in an approved car seat until they reach 40 pounds. At 40 pounds and over, children can then be secured in an approved booster seat. Everyone in the car should always be restrained in some manner. For more advice and information, you can call the Pennsylvania car seat question line phone number at 1-800-CAR-BELT.

### **Stranger Safety**

Teach your child the first and last names of family members, and never to go anywhere with a stranger.

### **Bike Helmet Safety**

Don't let your child ride a tricycle or other riding toys near traffic. Always have your child wear a bicycle helmet -- even while riding a tricycle. Because it's too early to expect a child to look both ways before crossing the street, you should supervise all street crossings.

## WALK-IN HOURS

We now offer no-appointment necessary Walk-In Hours, at all offices:

**Weekday Mornings, 8:15 to 9:30am** at Pleasant Hills and Squirrel Hill/Greenfield.

**Weekday Evenings, 6:30pm to 8:00pm** M/T/W at Pleasant Hills, M/Th at Squirrel Hill/Greenfield.

**All Day, Every Week Day** at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

## QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. For more detailed and pressing health issues, it's best to call. Either way, we're always happy to provide counseling and guidance. (It's both our job and our pleasure!)

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

## AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

*We look forward to seeing you at your 4-Year Well Visit!*

