

## Your 3 Year Old



### Normal Development

#### Physical Development

- Jumps, gallops, tip toes, runs smoothly
- May stumble and fall easily
- Pours from a pitcher using both hands
- Undresses self, but needs help with dressing

#### Emotional Development

- Becoming more relaxed and flexible
- Quickly goes between shyness and very happy
- May show fear of unfamiliar activities

#### Social Development

- Seeks approval from adults
- Tests limits constantly
- Shares and takes turns sometimes

#### Mental Development

- Speaks about 1,000 words
- Loves hearing stories over and over again
- Loves learning short rhymes and songs
- Can assume very simple responsibilities
- Has attention span of a few minutes

#### Food, Food, Food!

- Milk (skim or 1%) - usually no more than 24oz per day.
- About 3 meals and 2 snacks per day.
- Continue to offer all 5 food groups during the day: grains, vegetables, fruit, milk and proteins.
- Remember to offer foods with iron: meat, chicken, fish, beans, leafy greens like spinach and kale, and tofu.

#### Language

- Read to your child daily to encourage language development.
- Take your child to the library and participate in story times.
- Look for ways to practice reading everywhere you go - stop signs or signs in the store
- Ask your child to tell you about their day

#### Learning

- Have a safe play area and allow plenty of time for exploring, pretend and active play.
- Limit screentime to no more than 1-2 hours per day. Make sure to watch quality children's programming and watch with your child.
- Keep TVs and other screens out of the bedroom.
- Consider enrolling your child in a preschool program or arranging play dates to help build social skills.
- Help your child to learn to take turns while playing with other children



#### Screen-free activities to do with a 3 year old

1. Make your own play dough
2. Create an activities bin with pom poms, an egg carton, toothpicks or straws, rice, scoops, tongs, a funnel, droppers, pipe cleaners, etc
3. Make a sensory bottle - fill bottle with oil, water, glitter, sequins, food coloring etc (see above)
4. Toy match up - take pictures of your child's toys and have a treasure hunt to match the toy with the picture
5. Scribble table - cover an entire table with paper for your child to draw on
6. Make a fort
7. Make a sensory jar- help your child to fill a jar with the things they find on a nature walk

#### Some Helpful Websites:

- [Genesispediatrics.com](http://Genesispediatrics.com) for our Genesis Advice Packet (GAP)
- [rochester.kidsoutandabout.com/](http://rochester.kidsoutandabout.com/) (Suggestions for fun activities to do with your kids)
- [www.nysmokefree.com](http://www.nysmokefree.com) (NYS Smokers' Quitline for tobacco-free coaching and free nicotine replacement therapy)

Next Visit:  
See you in 1 year  
for the 4 year physical!

## Safety

- Be sure that the car seat is correctly installed.
- Car seat with 5-point harness at least until age 5 (this is much safer than a booster seat).
- Never leave your child alone inside or outside your home, especially near cars.
- Limit time in the sun. Put a hat and sunscreen on your child before they head outside.
- Teach a child to ask if it is ok to pet a dog or another animal before touching it.
- Be sure your child wears a helmet when riding tricycles or in a seat on an adult bike.
- Watch your child around grills. Keep them away from open fires, fire pits or camp fires.
- Install smoke detectors on every level of your home.
- Watch your child constantly whenever he is near water including buckets, play pools and the toilet.
- Empty buckets, play pools, and tubs right after use.
- Check to make sure that pools at your house and neighbor's homes have 4-sided fences with self-closing latches.

## Family Support

- Take time for yourself and to be with your partner
- Parents need to stay connected to their support system of family, friends, personal interests and work
- Show your child how to handle anger well - time alone, respectful talk, or being active.
- Give your child the chance to make choices as often as possible
- Show your child respect and expect that others do the same
- Reinforce rules and encourage good behavior
- Use time-outs or take away what's causing the problem
- Have regular routines, playtimes and mealtimes together as a family



## Chores that a 3 year old can do

- Assist in making their bed
- Get dressed (with some help)
- Picking up things with your supervision
- Put dirty laundry in clothes basket
- Fill a pet's water and food dish (with help)
- Help a parent clean up spills and dirt
- Dusting
- Sweeping (with a small broom)
- Collect small sticks from the yard
- Water flowers

**Tips:** Be positive and excited. Offer lots of praise! Start introducing one new chore at a time. Have appropriate places for items to go so that your child knows where to put them. Make chores a family activity and a way to spend time together. Give rewards for especially good attitudes and quick cooperation. In the beginning this may be more work for you, but it's worth it!

