

age 3 years

Your Growing Child

A Family Brochure

Children grow, change and learn differently. Here are some tips to help you enjoy and keep your child healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your child.

Health

At this age children:

- Need a Child and Teen Checkups health check at 3 years. Regular health checks are important. Ask your clinic about fluoride use. Remember: an Early Childhood Screening is required before starting school.
- Eat a lot one time and not much the next. Offer 3 meals with the family and 1-2 healthy snacks a day.
- Eat what you prepare for everyone else. You decide what to serve, when and where. Let your child decide how much (if any) to eat.
- Need teeth brushed daily. Ask about sealants, thumbsucking and pacifier use.
- May sleep 10-11 hours at night and nap once a day. Keep a regular bedtime routine.

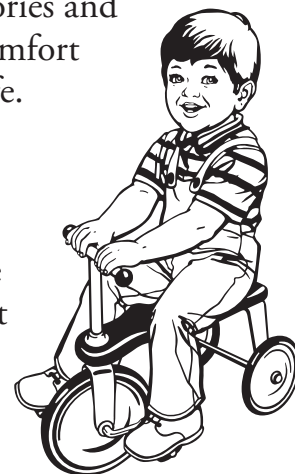


- May be afraid of the dark and going to bed. Read bedtime stories and use a night light to comfort and help them feel safe.

Learning

Children at this age:

- Know their name, age and speak clearly most of the time. Try to talk with your child and play word games (ABC's).
- Like to throw balls, build towers with blocks, scribble and help around the house.
- Start to jump, kick a ball and ride a tricycle.
- Like to make their own decisions. Give choices when possible (which clothes to wear, books to read and places to go). Praise your child often!
- Are developing their own personalities. Accept your child's unique qualities, listen to them and pay attention to what their emotions and behaviors may be trying to tell you.



Safety

- **ALWAYS** use an approved car seat, properly secured in the back seat.

- Keep your hot water temperature below 120°F. Before bathing your child, check the water temperature with your wrist.
- Stay with and watch your child when near **any** water, on a high place, near cooking areas, or near animals.
- Don't let **anyone** smoke around your child.
- Keep plastic bags, balloons, safety pins and small objects such as coins and hard pieces of food away from your child. Never allow your child to walk, run or ride in the car with food in his mouth.
- Use life jackets and helmets. Be a good example.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Children are curious. Lock up your gun and bullets separately. It's the law!
- Your child is becoming independent and may run away from you when you aren't looking. **Watch your child carefully.**
- Child proof your home! Keep medicines, poisons and sharp objects locked up. Use gates by stairs.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

LB2-0008 (10-09)

ADA (12-12)

This information is available in accessible formats for individuals with disabilities by calling local 651-431-2486, toll-free 800-657-3739, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

Minnesota Poison Information
1-800-222-1222
Minnesota Immunization Hotline
1-800-657-3970

