

HEALTH SUPERVISION VISITS

THREE YEAR OLD VISIT

BEHAVIOR

- Be aware of differences/similarities in your parenting style and that of your parents
- Show affection; handle anger constructively; reinforce limits/appropriate behavior
- Help children develop good relations with each other; spend time with each child
- Read, sing, play rhyme games together
- Talk about pictures in books, let child “tell” story
- Encourage child to talk about friends, experiences
- Encourage play with appropriate toys and safe exploration; fantasy play
- Encourage interactive games with peers, taking turns
- Create opportunities for family to share time and exercise together
- Promote daily physical activity at home, in child care or in preschool
- Limit all screen time to no more than 1-2 hours a day; no TV/DVD player in bedroom; monitor programs watched

SAFETY

- Use forward-facing car safety seat, properly installed in back seat
- Switch to belt-positioning booster when child reaches highest weight/height allowed by manufacturer of forward-facing seat with harness
- Supervise all play near streets/driveways; do not allow child to cross street alone
- Move furniture away from windows; install operable window guards on second- and higher-story windows
- Remove guns from home; if gun necessary, store unloaded and locked, with ammunition locked separately; ask if guns in home where child plays

DEVELOPMENT

- Has self-care skills, imaginative play becomes more elaborate
- Converses in 2-3 sentences, understandable to others 75% of the time
- Names a friend, identifies self as girl/boy
- Copies a circle, draws a person with 2 body parts
- Day toilet trained