

Positive Parenting



- ♥ Provide private time with her where she has your undivided attention.
- ♥ Let her express her affection for you freely. Be ready to hear her express her annoyance at you as well.
- ♥ Limit the amount of time your child spends in front of the TV or computer. Turn off the TV when you think a program is not suitable.
- ♥ Listen to your child's opinions.
- ♥ Consistency is key to good behavior. Your child needs to know what to expect. If you make a rule, be sure to follow through.
- ♥ Give choices when possible.
- ♥ Use withholding an activity, or natural and logical consequences for discipline - avoid yelling or spanking.
- ♥ Help your child express her emotions with words rather than hitting, screaming, biting or physically attacking others.
- ♥ Let her help and do simple chores.
- ♥ Make sure your child gets enough sleep. Three year olds often still need a nap or rest time during the day.

Feeding Your Child



- ♦ The food your child eats is very important to his growth. Keep healthy foods in your kitchen, like cheese, rice cakes, apples, raw carrots, juice & milk. These make easy & nutritious snacks and meals.
- ♦ Your child can now feed herself completely, drink neatly and use a fork.
- ♦ Your child may like a certain food today but not tomorrow, or he may want to eat only one thing all week. He's becoming independent. Be as patient as possible. Don't expect him to eat everything you give him.
- ♦ Your child may eat a lot one day and not much the next day.
- ♦ Offer her healthy choices. Try to give her one food you know he likes along with new foods.
- ♦ Let him help prepare food by washing lettuce, mixing foods in a bowl or making a sandwich.
- ♦ Make meals a pleasant, family time. Even when everyone can't sit down together, pay attention to your child and talk about what she did today.

Safety Check



- √ Continue use an appropriate car seat until at least 40 lbs, and then use a booster seat until 60-80 lbs.
- √ Never leave her alone in a vehicle.
- √ Protect children from traffic. They are too small to be seen! Stay visible with your child.
- √ The poison control number is 1-800-222-1222. Keep it handy!
- √ Always observe him closely when near any body of water. Use a Coast Guard approved Type II life jacket with a strap between the legs that fits your child.
- √ Use at least SPF 30 sunscreen when child is outside for any length of time and reapply often.
- √ Teach her to be careful around dogs and other animals, especially when the animal is eating.
- √ Teach him not to go anywhere without your permission, especially not to go with a stranger.
- √ Teach her to tell you about any touch she does not like, even if done by relatives.
- √ Watch your child around playground equipment at all times.

We hope you have found Health Tracks and the Caring Connections program helpful to your family. We will be writing again when your child is around 4 years old. Please feel free to call your local ECFE, ECSE or Head Start program if you have questions about local classes or programs. Please also be sure to contact the Public Health office nearest you to schedule an early childhood screening for your child in the near future. This screening is a great way to be sure your child's development is age-appropriate and it is free for your family. It is also required for your child prior to starting kindergarten.

Otter Tail County Public Health

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