

Age: 3 Years

HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Your child is now 3 years old. Most children have changed a lot since their 2nd birthday. Their bodies are slimmer and legs are longer. They are more sociable, have better emotional control, and are so curious about everything. They can now talk clearly, enjoy other children, begin to learn to share and take turns, and ask "why" a million times. They can do many things for themselves, are sharing more and may be trying to please their parents!

Your Growing Child



Within the next year you may notice that your child may do the following:

- uses 3-5 word sentences and knows 900-1500 words - may repeat foul language and chatter constantly
- is learning to use pronouns such as "I," "you," "me"
- the sounds of b, p, m, w, and h will emerge during this year in her speech
- knows name and age and can learn her address
- names 6 body parts and 4 colors
- loves to role play
- has many fears and tells tall tales
- may have imaginary friends
- has a 10-20 minute attention span
- is curious about her body and how it works
- can help dress and undress herself
- has more bladder & bowel control during the day and usually stays dry at night
- can pour liquid from a small pitcher into cups
- strings large objects together
- draws line drawings, traces & writes simply
- builds a 9-10 block tower
- can ride a tricycle and kick a ball forward
- alternates feet when going upstairs.

Your Child's Health Care



Immunizations (shots)

No shots are needed until age 4-6, if immunizations are up-to-date.

Well Child Check-up

Your child is now due for her 3 year old check-up.

Early Childhood Screening

You should plan on taking your child for an Early Childhood Screening between the ages of 3 ½ and 4. Early Childhood Screening (preschool screening) is a careful but simple review and check of your child's growth....physical, mental and developmental. It also links parents to school and community resources if a problem is identified. Call your local school or Public Health Office for more Information and to schedule a screening.

Tips for Keeping Children's Teeth Healthy

- ☺ By now your child has all 20 of her primary teeth. These baby teeth are just as important as permanent teeth. Some of them stay in the mouth until age 12. Continue to take your child to a dentist at least once a year.
- ☺ Your child still needs help to get her teeth clean. Brush teeth well at least once a day using a pea-size amount of fluoride toothpaste.
- ☺ Nutritious meals & snacks help keep teeth healthy.
- ☺ Protect your child's teeth from injury. Don't let her run with anything in her mouth. Help prevent falls by teaching her to use riding toys and playground equipment correctly.

****ACTIVITY TIP****

Help your child practice brushing and spitting. Brush your teeth with him to set an example.

"Offering Universal Home Visits to Otter Tail County Families with the Addition of a Newborn"
P.O. Box 394 • Fergus Falls, MN 56538