



## THE THREE YEAR OLD

### DEVELOPMENT

- Throws a ball overhand
- Pedals a tricycle
- Builds a tower of blocks
- Knows full name, age and sex
- Learns to share and take turns
- Jumps in place
- Alternates feet ascending stairs
- Draws a circle and a cross
- Asks what, where and why questions
- Plays chase and make-believe
- Speaks in sentences and most words can be understood

### DIET

Limit junk foods such as cokes, Kool Aid, chips and candy! These types of foods are unhealthy and lead to obesity and cavities. It is best not to have these foods in the house because we cannot expect a child to have self-control if they know they are available. Your child will beg constantly for these foods if they are around. Your child will eat healthy foods and drink milk and water if alternatives do not exist. It is much easier to say, "We do not have any. Would you like some yogurt or a banana?"

Brush teeth twice a day. This is a good time for the first visit to the dentist.

### PLAY

Allow your child to explore, show initiative and communicate his desires. Offer your child choices in appropriate situations. If your child suggests an idea or activity, follow through if possible. A child will learn to respect and love himself if he feels his ideas are important to you.

### Outside ideas:

- Go to playgrounds
- Throw, catch and kick balls
- Ride tricycles and big wheels
- Take a hike (Radnor Lake, Edwin Warner Nature Center and Montgomery Bell State Park are nearby)

### Inside activities:

- Do puzzles, build with blocks, string beads
- Read books, go to story time at the library
- Pretend play with clothes, household objects and toys
- Use crayons, markers and paint

*Limit TV. A child needs to learn how to play and use his imagination. Watching TV and playing video games promote poor attention spans. Children need to learn to play with toys, look at books and interact with people. Even educational electronic devices are not good compared to discovering the world through real life experience!*

### DISCIPLINE

1. Give clear instructions.
2. Explain the consequences of an unacceptable behavior (for example, removal of a toy). Give one warning and then follow through.



3. Try to redirect in a positive way. For example, "Food is for eating, not throwing. Let's throw a ball outside after dinner." Or, "Let's not play with that. Here is a pot to play with. Let's pretend it's a drum!"
4. Use "when" and "then". "When you get your shoes on, then you can go outside!" Get what you want first and then reward that behavior.
5. Catch your child doing things you like and praise those behaviors! Children want to please you.

NEXT CHECK UP IS AT FOUR YEARS.