



The World of Three Year Olds!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149
or
1-800-848-8727

Nurse
Ext. 289 or 241

Social Worker
Ext. 242

Provider Support
Consultant
Ext. 233 or 286

Help Finding
Child Care
Ext. 230

Help Paying for
Child Care
Ext. 225

Parenting Support
& Information
Ext. 237

Helpful Hints:

The free Poison Control Number is 1-800-222-1222.

Monitor health practices such as hand washing & tooth brushing.

Attend preschool screenings.

Never use food as a reward or punishment.

Visit the dentist for a checkup.

Read, sing, dance, and enjoy music.

Teach about safe water play.

Use sunscreen and insect repellent when needed.

Enjoy parenting!

Nutrition and Feeding:

- Three's eat well with spoons and forks and they enjoy scooping and dipping their food.
- It's the adults' responsibility to supply safe, nutritious food to a child, and it's the child's responsibility to choose what and how much they'll eat.
- Use of nutritional supplements should first be discussed with a physician.
- Three's drink well out of cups without the use of lids or straws. This is important for their development as well.
- Two's should be offered three meals and 2-3 snacks each day. They should be offered food about every 2-3 hours.
- Many three's prefer food that is not mixed as in casseroles.
- They enjoy food that is rich in color, texture, and variety.
- A typical lunch or dinner should include meat or protein, vegetable &/or fruit, bread & butter, and milk. A serving size of fruit &/or vegetable is ½ cup, and meat is 1 ounce.
- Three's enjoy helping to prepare family meals.
- Meals and snacks should be offered at the table with others.
- Sugary foods, including juice should be offered only occasionally.
- Offer water or whole or 2% milk as drinks.

Illness & Immunization:

Three year olds usually have about 6 fewer illness a year than when they were infants as their immune system is better developed. Immunization protects children from many diseases and the suffering and complications they cause. To be protected, three year old should be immunized as follows:

- **HepB** (Hepatitis Type B): doses at birth, between 1-2 months & between 6-18 mos;
- **DTaP** (Diphtheria, Tetanus, Pertusis): doses at 2, 4, 6 months & a booster at 12 to 18 months;
- **IPV** (Polio): doses at 2, 4, months, and a booster at 6 - 18 months.
- **Hib** (Haemophilus Influenza type b): doses at 2, (4) & 6 months, and a booster at 12 - 15 months. Dose in (4) may not be needed.
- **PVC** (Pneumococcal): doses at 2, 4 & 6 months, and a booster at 12-15 months.
- **MMR** (Measles, Mumps, Rubella): the first dose at 12-15 months.
- **Varicella** (Chicken Pox): 1st dose 12-15 months.
- **Flu** (Influenza): **annual dose** starting at age 6 months.
- **HepA** (Hepatitis A): 2 doses 12-24 months.
- **Rota** (Rotavirus): Doses at 2, 4, & 6 months.

Parent and Child Relationship:

- Read daily for enjoyment, learning and language development.
- Daily, dedicate at least 15 minutes of uninterrupted play and talk time (without TV or phone conversations).
- Prepare two's in advance for changing schedules and events.
- Limit TV and screen time to less than 30 minutes each day.
- Tell them what is desired, what behavior is acceptable, and limit the "don't do's." This gives attention to what's desired.
- Following daily routines contributes to feeling of safety. Prepare them in advance for changes whenever possible.
- Nurture the interests of the three year old. Explain as much as possible about their interests and surroundings.
- Three's learn to respond to fears as their parent responds, so avoid over-reacting to things or situations.
- Encourage empathy and caretaking, and help the child identify and name their feelings and emotions.
- Make active family play part of the daily routine.

Expected Growth and Development:

- Three's begin to enjoy playing with others.
- They enjoy pretend play and may have imaginary friends.
- Moral development is emerging, and they can feel empathy for an animal or person.
- Three's can use safety scissors and hold a pencil correctly.
- They speak in 3 and 4 word sentences.
- They enjoy art activities, and can recognize basic colors.
- They bathe and dress themselves with little help.
- They have a sense of themselves and recognize the difference between boys and girls.
- They often have interest in the unknown, and benefit from simple answers to their many questions.
- Threes develop an understanding that family members are separate people.

Safety:

- Never leave the child unattended.
- Helmet use during riding, skating, etc. offers protection against head injury.
- Teach about stranger safety.
- Inspect play areas and equipment at home and in parks.
- Keep outdoor cooking grills away from children.
- Teach about animal safety.
- Be cautious, and remove water hazards that present a drowning risk. Even small buckets of water, or toilets are a hazard.
- Even in play, avoid tossing, or spinning children as brain injury can occur from such quick movements.
- Check water heater temperatures to reduce risk of burns from hot tap water.
- Use smoke and carbon monoxide detectors at home.
- Do not allow smoking in the home, car, or nearchildren as it contributes to illness and infection.
- Keep hot drinks out of reach.
- Medicines should be kept in locked containers, out of sight and reach of children.
- Cleaning supplies must be kept out of reach and consider using non-toxic supplies.
- To avoid illness and injury, choose shoes that cover the feet.

Choose quality child care for the two year old. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C, use extension 221.