

BRIGHT FUTURES HANDOUT ► PARENT

3 YEAR VISIT



Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Take time for yourself and to be with your partner.
- Stay connected to friends, their personal interests, and work.
- Have regular playtimes and mealtimes together as a family.
- Give your child hugs. Show your child how much you love him.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Give your child the chance to make choices.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.

✓ EATING HEALTHY AND BEING ACTIVE

- Give your child 16 to 24 oz of milk every day.
- Limit juice. It is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% juice and always serve it with a meal.
- Let your child have cool water when she is thirsty.
- Offer a variety of healthy foods and snacks, especially vegetables, fruits, and lean protein.
- Let your child decide how much to eat.
- Be sure your child is active at home and in preschool or child care.
- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active together as a family.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Be aware of what your child is watching.
- Don't put a TV, computer, tablet, or smartphone in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

✓ PLAYING WITH OTHERS

- Give your child a variety of toys for dressing up, make-believe, and imitation.
- Make sure your child has the chance to play with other preschoolers often. Playing with children who are the same age helps get your child ready for school.
- Help your child learn to take turns while playing games with other children.

✓ READING AND TALKING WITH YOUR CHILD

- Read books, sing songs, and play rhyming games with your child each day.
- Use books as a way to talk together. Reading together and talking about a book's story and pictures helps your child learn how to read.
- Look for ways to practice reading everywhere you go, such as stop signs, or labels and signs in the store.
- Ask your child questions about the story or pictures in books. Ask him to tell a part of the story.
- Ask your child specific questions about his day, friends, and activities.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Family Media Use Plan: www.healthychildren.org/MediaUsePlan
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

3 YEAR VISIT—PARENT

SAFETY

Continue to use a car safety seat that is installed correctly in the back seat. The safest seat is one with a 5-point harness, not a booster seat.

Prevent choking. Cut food into small pieces.

Supervise all outdoor play, especially near streets and driveways.

Never leave your child alone in the car, house, or yard.

Keep your child within arm's reach when she is near or in water. She should always wear a life jacket when on a boat.

Teach your child to ask if it is OK to pet a dog or another animal before touching it.

If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.

Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

WHAT TO EXPECT AT YOUR CHILD'S 4 YEAR VISIT

We will talk about

- Caring for your child, your family, and yourself
- Getting ready for school
- Eating healthy
- Promoting physical activity and limiting TV time
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit, 2nd Edition*.

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Your Child at 3 Years



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.

Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 3-year-old child today.

What You Can Do for Your 3-Year-Old:

- Go to play groups with your child or other places where there are other children, to encourage getting along with others.
- Work with your child to solve the problem when he is upset.
- Talk about your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Set rules and limits for your child, and stick to them. If your child breaks a rule, give him a time out for 30 seconds to 1 minute in a chair or in his room. Praise your child for following the rules.
- Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
- Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
- Give your child an "activity box" with paper, crayons, and coloring books. Color and draw lines and shapes with your child.
- Play matching games. Ask your child to find objects in books or around the house that are the same.
- Play counting games. Count body parts, stairs, and other things you use or see every day.
- Hold your child's hand going up and down stairs. When she can go up and down easily, encourage her to use the railing.
- Play outside with your child. Go to the park or hiking trail. Allow your child to play freely and without structured activities.

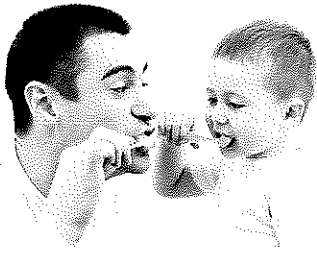
Milestones adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.



A Guide to Children's Dental Health

The road to a bright smile begins long before the first tooth appears. Parents play a big part in helping their children develop healthy teeth. Early monitoring by your child's doctor and dentist is important.

Steps to good dental health include

- Regular care by a dentist trained to treat young children (See *What is a pediatric dentist?*)
- Getting enough fluoride
- Regular brushing and flossing
- Eating right

Read on for information from the American Academy of Pediatrics (AAP) about why fluoride is important, when to start cleaning your child's teeth, if pacifier use or thumb-sucking hurts teeth, how to prevent tooth decay, pediatric dentists, and regular dental checkups.

Why is fluoride important?

Fluoride is a natural substance that can be added to drinking water and toothpaste. It strengthens tooth enamel (the hard outer coating on teeth). Fluoride also helps repair early damage to teeth.

Children should drink water with fluoride in it when available. If not available, talk with your child's doctor or pediatric dentist to see if your child needs fluoride tablets or drops. Your child may also have fluoride varnish applied to his teeth by his doctor or pediatric dentist.

When should I start cleaning my child's teeth?

Daily tooth cleaning should start as soon as your baby's first tooth appears. Wipe the teeth with a piece of gauze or a damp cloth at least twice daily, after meals. Switch to a soft toothbrush with a fluoride toothpaste once your child has a tooth.

A smear (the size of a grain of rice) of fluoride toothpaste should be used for children younger than 3 years. For children 3 and older, a pea-sized amount of fluoride toothpaste should be used. Because children tend to swallow toothpaste, using too much fluoride toothpaste while brushing may result in fluorosis (spotting of the teeth).

Also, check the teeth for early signs of tooth decay. Tooth decay appears as white, yellow, or brown spots or lines on the teeth. Any 2 teeth that are touching each other should be flossed to prevent a cavity from forming between the teeth. An ideal baby bite should have gaps between the front teeth.

Does pacifier use or thumb-sucking hurt teeth?

If a child sucks strongly on a pacifier, his thumb, or his fingers, this habit may affect the shape of his mouth or how his teeth are lining up. If he stops using a pacifier by 3 years of age, his bite will most likely correct itself. If he stops sucking on a pacifier, his thumb, or his fingers before his permanent front teeth come in, there's a chance his bite will correct itself. If he continues his sucking habit after his adult teeth have come in, orthodontic care may be needed to realign his teeth.

How can I prevent tooth decay in my baby or child?

Parents, especially if they have a history of cavities, can pass germs that cause cavities and gum disease if they share food or drinks with their children. This is why it is important for parents to keep the following tips in mind:

- Do not share your food or drinks with your children.
- Do not lick your children's spoons, forks, or pacifiers.
- Do make sure to keep your gums and teeth healthy and schedule regular dental checkups. Pregnant women should make sure their gums and teeth are healthy too.

Other ways parents can help prevent tooth decay in their babies and children include

- If you put your child to bed with a bottle, fill it only with water.
- If your child drinks from a bottle or sippy cup, make sure to fill it only with water when it's not mealtime.
- If your child wants a snack, offer a healthy one like fruits or vegetables. (To help your child avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces no larger than one-half an inch.)
- Avoid sweet or sticky snacks, such as raisins, gummy candies and vitamins, or Fruit Roll-Ups or cookies. There is sugar in foods like crackers and chips too. They should only be eaten at mealtime.
- If your child is thirsty, give her water or milk. If your child drinks milk at bedtime, make sure to clean her teeth afterward. Don't let your child sip drinks that have sugar and acid, such as juices, sports drinks, flavored drinks, lemonade, soft drinks (soda, pop), or flavored teas.

What is a pediatric dentist?

During regular well-child visits, your child's pediatrician will check your child's teeth and gums to make sure they are healthy. If your child has dental problems, your child's pediatrician will refer her to a pediatric dentist or a general dentist trained to treat young children.

A pediatric dentist specializes in the care of children's teeth, but some general dentists also treat children. Pediatricians refer children younger than 1 year to a dental professional if the child

- Chips or injures a tooth or has an injury to the face or mouth.
- Has teeth that show any signs of discoloration. This could be a sign of tooth decay or trauma.
- Complains of tooth pain or is sensitive to hot or cold foods or liquids. This could also be a sign of decay.
- Has any abnormal lesion (growth) inside the mouth.
- Has an unusual bite (the teeth do not fit together right).

Find a pediatric dentist in your area on the American Academy of Pediatric Dentistry Web site at www.aapd.org.

When should my child begin regular dental checkups?

From Your Doctor 

The AAP recommends that all infants receive oral health risk assessments by 6 months of age. Infants at higher risk of early dental caries should be referred to a dentist as early as 6 months of age, and no later than 6 months after the first tooth erupts or 12 months of age (whichever comes first) to establish their dental home. Every child should have a dental home established by 12 months of age.

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GUN SAFETY

and CHILDREN

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.



About **1/3** of the homes with **children** in the United States have a gun. Many are stored **loaded and/or unlocked**.



Every day,

78 children,



teens and young adults are **injured or killed** by guns in the United States.

= death = injury

Source: CDC WISQARS database including data for all races, ages 0-21, from 2013-2016.

The risk of dying by suicide is **4 to 10 times higher**

in homes with guns. If you have **a teen who is at risk for suicide**, remove guns and ammunition from your house.



Children as young as

3 years may be strong enough to **pull the trigger** on a handgun.



The **safest home** for children and teens is one without guns.



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CELEBRATING 10 YEARS

Is There An Unlocked Gun Where Your Child Plays?

On June 21, the American Academy of Pediatrics and the Brady Center to Prevent Gun Violence urges parents to ask a simple question to keep kids safe

A gun, found by a child, can change lives forever in just a few moments. On June 21, the first day of summer, parents are reminded to ask other parents if there is an unlocked gun in the home (/English/safety-prevention/all-around/Pages/Handguns-in-the-Home.aspx) where their child is going to play.

The American Academy of Pediatrics (AAP) and the Brady Center to Prevent Gun Violence created ASK Day to prevent injuries and deaths from guns that are stored unsafely in homes. The ASK (Asking Saves Kids) campaign promotes a simple idea with the potential to help keep kids safe. Ask, ***"Is there an unlocked gun in your house?"*** before sending your child over to play.



About one-third of homes with kids have guns, many left unlocked or loaded. Just talking to your

GUN SAFETY and challenges



About 1/3 of the homes with **children** in the United States have a gun. Many are stored **loaded and/or unlocked.**

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child about the dangers of firearms is not enough. Children are naturally curious. If a gun is accessible in someone's home, there is a good chance a child will find it and play with it. Countless tragedies have occurred when kids found guns that parents thought were well hidden or safely stored.

The ASK Campaign Urges Parents:

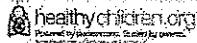
If your child is going to play or hang out at a home where he hasn't been before, ask if there is a gun in that home.

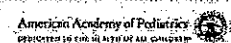
- **If the answer is no**, that's one less thing to worry about.
- **If the answer is yes**, then you need to ask how the gun is stored—it should be stored in a locked location and unloaded. Ammunition should be locked up separately.
- **If you are not comfortable with the answers**, you should invite the other child to play at your house instead.

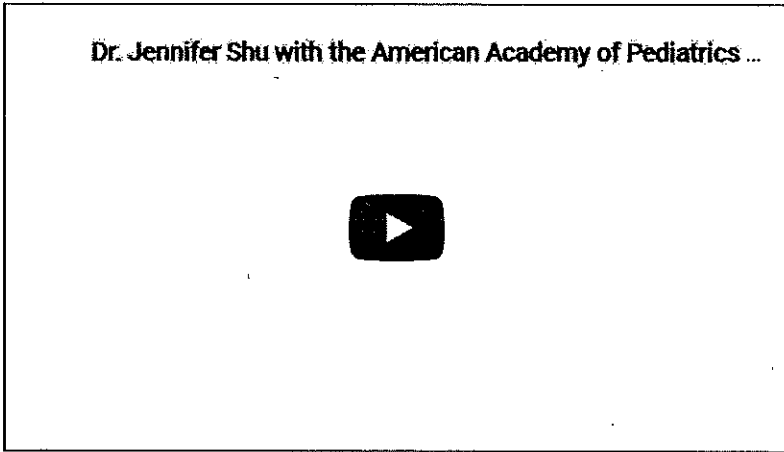
The AAP remains committed to reducing gun injuries to children, and advocates for stronger gun laws, comprehensive access to mental health care, and necessary funding for federal gun violence research and prevention efforts.

GUN SAFETY

The risk of dying by suicide is **4 to 10 times higher** in homes with guns. If you have a **teen who is at risk for suicide**, remove guns and ammunition from your house.

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Additional Information:

- Guns in the Home (/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx)
- 10 Things Parents Can Do to Prevent Suicide (/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx)
- www.askingsaveskids.org (<http://www.askingsaveskids.org/>)

Last Updated
7/18/2018








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Parent Resources for Toddlers

There are so many resources available online for parents. Who do you trust? Here are some links approved by your pediatrician, and the American Academy of Pediatrics.

<p>Healthy Children.org has a wealth of information for parents, including a Symptom checker, ideas for challenging your child to grow in development, and answers to questions about care of your child. https://www.healthychildren.org/English/Pages/default.aspx</p>	
<p>When Your Child Needs Emergency Care – What to do? https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-Your-Child-Needs-Emergency-Medical-Services.aspx</p>	
<p>How do I encourage healthy eating? What do I do with a picky eater? This website has ideas our pediatricians use with their own children. https://www.ellynsatterinstitute.org/how-to-feed/</p>	
<p>When does my baby need a new car seat? All the things you need to know about rear-facing car seats for infants and toddlers. https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx</p>	
<p>How do I safely take my baby for a bike ride? When are they old enough? https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Baby-On-Board-Keeping-Safe-On-A-Bike.aspx</p>	
<p>Choking Hazards for young children – babies and toddlers are at a higher risk for choking than older children. Here’s a short video on what you can do to prevent it, and how you can help if your baby starts to choke on something. https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Choking-Hazards-Parents-of-Young-Children-Should-Know-About.aspx</p>	
<p>Watch your young toddler near the water! Children don’t understand the danger. Here are some tips to keep them safe. https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Swimming-Pool-Safety.aspx</p>	

If you don’t have a QR code reader on your phone, try these:

Apple iPhone: Go to the App Store and search for “QR Reader”. It’s free; no ads.

Android: Go to Google Play Store and search for “QR Code Reader”. It’s free; no ads.