

AT THREE YEARS OF AGE

Height _____ Weight _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Descriptive naming** – Put objects your child knows into a shopping bag. Ask your child to take them out one at a time and tell you something about each one.
- ❖ **Telling stories** – Encourage your child to tell a story about himself or herself, about a favorite thing, or about you.
- ❖ **Filling in the blanks** – When telling stories your child knows, leave out a word once in a while (such as “Little__Riding Hood”). Ask your child to fill in the missing word.
- ❖ **Read to your child.. Sing with your child.**

Developing control of small muscles and solving problems:

Finger painting – Let your child finger-paint on a large sheet of paper (waxed, white butcher paper is good, use the shiny side) or on a plastic-topped table.

Drawing and writing – Show your child how to make lines and circles into stick figures, houses, the sun or moon, letters and numbers. Your child may want to learn to “write” the letters of his or her name.

Making collage shapes – Cut paper of different colors into triangles, squares and circles. Talk about the differences in the shape.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Vaccinations are typically completed by age two with no further vaccines required until 4 years of age. We recommend a flu vaccine annually, for children six months of age and older.

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Potty training readiness:

If your child shows the following signs, he or she may be ready for potty training:

- ❖ Dry diapers after naps.
- ❖ Regular bowel movements.
- ❖ Remember to Always Wash Hands before leaving the bathroom.

Discipline

-Your child is learning that he cannot have what he wants all of the time.

-REPEAT YOURSELF OVER AND OVER.

Continue to tell your child, and show your child, what you would like him to do.

-Remember, your child likes to please you. Praise your child when he does what you want him to do.

At 3 years of age your child may :

- ❖ Talk in sentences with 3-4 words.
- ❖ Point to pictures and talk about them.
- ❖ Put clothes on that are easy to manage.
- ❖ Run fast, kick and throw a ball.
- ❖ Sings songs.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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