



## THREE YEAR VISIT Anticipatory Guidance

### Safety

- Continue to use a car seat that is installed correctly in the back seat. The safest seat is one with a 5-point harness, not a booster seat. Read more about car seat safety at [healthychildren.org](http://healthychildren.org) and the [CDC](http://www.cdc.gov).
- Prevent choking by cutting 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 in or near water. She should always wear a lifejacket when on a boat.
- Teach your child to ask if it is OK to pet a dog or other animal before touching it.
- If you have 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.

### 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.

### 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.

### Eating Healthy and Being Active

- Give your child two to three servings of dairy each day.
- Juice is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% fruit juice and always serve it with a meal.
- 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.
- Be active together as a family.
- Limit TV, tablet, or smartphone time 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 phone 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.

**Next Well Check:** 4 years of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your toddler.