

# Now I am 3 (3-4 years)



## What I need

Some tips for caring for your child.

<p><b>Sleep and settling</b></p>	<p>Keep to a regular bedtime routine</p> <p>You could include things like a bath, a drink, teeth cleaning, cuddle, story, or song and a kiss goodnight</p> <p>Most children at this age need about 10 to 12 hours sleep at night</p>
<p><b>Nutrition</b></p>	<p>Help your child grow into a healthy eater</p> <ul style="list-style-type: none"> <li>&gt; Children have good signals for hunger and fullness. It is best not to force them to eat, but offer a regular routine of meals and snacks</li> <li>&gt; Talk with your child about healthy foods. They can help you choose fruit and vegetables, watch you make meals or play games and read stories about good food</li> <li>&gt; Limit fruit juice – offer fruit to eat instead</li> </ul> <p>For more information go to <a href="http://www.cyh.com">www.cyh.com</a> or call the Parent Helpline on 1300 364 100</p>
<p><b>Safety</b></p>	<p><b>Young children are becoming independent but still need you to keep them safe</b></p> <ul style="list-style-type: none"> <li>&gt; Use an approved car seat on every trip. Children should not sit in the front of the car until they are at least 7 years old</li> <li>&gt; Supervise children at all times, especially in the driveway and around water</li> <li>&gt; Prevent falls by using safety gates at the top and bottom of stairs</li> <li>&gt; Protect your toddler from burns and scalds from things like hot water, hot drinks and the sun</li> <li>&gt; Set up play equipment on a soft surface and close to the ground</li> <li>&gt; Keep your home and car smoke free. For help to quit smoking call the Quitline on 137 848</li> </ul> <p>For more information go to <a href="http://www.kidsafe.com.au">www.kidsafe.com.au</a> or call 08 8161 6318</p>

<p><b>Teeth</b></p>	<p><b>Make sure your child has had a dental visit</b></p> <ul style="list-style-type: none"> <li>&gt; Choose snacks and drinks that are low in sugar. Fruit and water are healthy food choices. Tap water and milk are the best drinks for healthy teeth</li> <li>&gt; Brush teeth twice a day – after breakfast and before going to bed at night. From 18 months to 5 years, use a low fluoride children’s toothpaste</li> <li>&gt; Lift your child’s top lip once a month to check for early signs of tooth decay. White lines along the gum line can be the beginning of decay</li> <li>&gt; Seek dental advice if you notice any changes in your child’s teeth</li> <li>&gt; For more information go to <a href="http://www.sadental.sa.gov.au">www.sadental.sa.gov.au</a> or call 08 8222 8222</li> </ul>
<p><b>You and your child</b></p>	<p><b>Your child learns so much while playing</b></p> <ul style="list-style-type: none"> <li>&gt; Follow their lead and join in but do not take over. Talk about what they are doing rather than ask questions</li> <li>&gt; Your child is learning to follow simple rules but may need gentle reminders. Their attention span is increasing and they can stay on task for 5 minutes</li> <li>&gt; Your child’s feelings may shift suddenly from happy to sad as they are still learning how to manage their feelings</li> <li>&gt; If your child is misbehaving sit with them, calm them down and talk about the issue. It may upset them even more if you send them to <i>time out</i></li> <li>&gt; Your child may show their independence by making demands or bossing others</li> <li>&gt; If you are a Dad or another special person for your child, try to spend time with them</li> <li>&gt; For more information visit <a href="http://www.cyh.com">www.cyh.com</a> or call the Parent Helpline on 1300 364 100</li> </ul>
<p><b>Immunisation</b></p>	<p><b>Important immunisations are due at 4 years of age</b></p> <ul style="list-style-type: none"> <li>&gt; Details are included on the <b>immunisation schedule</b> in the immunisation section of this record</li> <li>&gt; Extra immunisations may be due at 4 years of age for children with specific medical conditions. Talk with your immunisation provider</li> <li>&gt; For general information call the Immunisation Section SA Health 08 8226 7177 or Parent Helpline 1300 364 100 or visit <a href="http://www.immunise.health.gov.au">www.immunise.health.gov.au</a> and/or <a href="http://www.ncirs.edu.au">www.ncirs.edu.au</a></li> </ul>

## Help me grow and learn

Children develop at different rates.

Use this checklist to keep track of your child's development and if concerned seek help.

Now I am 3	Age first noticed
<b>I am talking and can</b>	
Understand shape and colour names	
Understand some 'time' words such as 'lunch time, today, winter time'	
Ask who, what and why questions	
Use lots of words usually in 4 to 5 word sentences	
Use correct grammar with occasional mistakes	
Use language when playing with my friends	
Speak clearly enough to be understood by most people	
<b>I am moving and can</b>	
Catch a large ball with both my hands	
Throw a ball	
Jump and stand on one foot for a short time	
<b>I can see and use my hands and can</b>	
Match identical shapes and objects by size	
Put a puzzle of 6 pieces together	
Copy some shapes of a circle, straight line or cross	
Begin to draw people	
Begin to colour in within the lines	

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<b>I am working things out and can</b>	
Tell what big and little are	
Understand what under, over and around means	
Name 5 different colours	
Count to 5	
Play dressing up and play acting	
<b>I am learning to be sociable and can</b>	
Have special friends that I like to play with	
Be more independent and not hold your hand	
Use my imagination to make up stories	
Serve myself some food	
Recognise the letters of my name	
Wash my face and hands on my own	
Brush my teeth with help	
Undress myself without help	
Begin to dress myself	

## How to help me grow and learn

Your toddler learns best if you spend time and play with them. Here are some ways you can do this.

- > Remember that I learn more through play than watching TV or DVDs
- > Read with me
- > Help me explore new things, encourage my efforts, enjoy what I learn
- > Stay close to me when I am eating to keep me safe
- > Play active games with me
- > Walk with me
- > Encourage me to look at things around the room or into the distance
- > Play puzzles with me
- > Draw and colour in with me
- > Play dress up games
- > Play pretend games such as a tea party
- > Think about where I will go to school
- > Children like to make friends – make sure you know where I am and who is looking after me

## When to seek help

If you are concerned about anything on the *Help me grow and learn* checklist or notice any of the below, see a child and family health nurse or doctor.

If your child is

- > Not using 4 to 5 word sentences
- > Not speaking clearly and understood by most people
- > Not able to draw a straight line or circle or a cross
- > Unable to identify any colours
- > Not relating well to others

A child and family health nurse or doctor can listen, reassure or provide referrals to services that can help your child.

**More detailed information is available on [www.cyh.com](http://www.cyh.com) or call the Parent Helpline 1300 364 100**

# 3 year health check (Assessment by GP or paediatrician)

Name .....

Date of birth ...../...../.....

Sex M / F

Health assessment <i>(tick all items)</i>			Appropriate	Follow up	Refer
Weight	kg	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head circumference	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Observation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fixation/following		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Corneal light reflections		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral health 'lift the lip' check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gait			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Testes fully descended R/ L			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developmental check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Milestones checklist		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Immunisation (age appropriate completed as per schedule) Yes No

Topics discussed: Safety  sleep  nutrition  play  immunisation   
 community services  toilet training  behaviour   
*(refer to 'what I need' in this section)*

Comments: .....  
 .....  
 .....

Plan .....  
 .....  
 .....

Attended with .....

Name (printed) .....

Signature ..... Designation .....

Venue ..... Date of check ..... / ..... / ..... Time .....

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