CHILD PROFILE

Watch Me Grow - 3 Years

Three-year checkup time

If your child has received all recommended vaccines, congratulations! He or she is up-to-date for child care and preschool. If your child has missed any immunizations, it's not too late to catch up. By age three, most children will have had:

- Hepatitis B (HepB): 3 doses
- Diphtheria, tetanus, acellular pertussis (DTaP): 4 doses
- *Haemophilus influenzae* type b (Hib): 3 to 4 doses
- Pneumococcal conjugate vaccine (PCV): 4 to 5 doses
- Inactivated polio vaccine (IPV): 3 doses
- Measles, mumps, rubella (MMR): 1 dose
- Varicella (chickenpox): 1 dose
- Hepatitis A (HepA): 2 doses
- Influenza (flu), yearly

Bring your child's Lifetime Immunization Record to every doctor's visit. Check out ***www.doh.wa.gov/immunization/schoolandchildcare*** for preschool and child care requirements.

Healthy teeth for a healthy child

Check your child's teeth often. Lift your child's lip and look at the front and back of his or her teeth near the gums. If you see any white or brown spots or gum problems call your dentist or doctor. Baby teeth are important. They help your child speak well, chew, and they hold space for adult teeth.

- Brush after breakfast and after the last meal or snack of the day. Have an adult apply a small pea-sized amount of fluoride toothpaste to the brush. Fluoride helps prevent cavities. Be sure your child spits out any excess toothpaste.
- Have a hard time getting your child to brush? Stay cheerful and lead by example. Brush together and make it part of every day. Remember, your child will need the help of an adult until age eight to remove all the sticky plaque and germs that cause cavities. Try taking turns with your child when brushing his or her teeth. This allows your child to feel independent while also making sure that his or her teeth are brushed adequately.
- Begin gently flossing the sides of your child's teeth that touch, but do not force your child to let you floss. Brushing teeth is more important at this age.
- Do not let your child run or play with anything in his or her mouth. If a dental injury occurs, call your dentist or doctor right away.
- Want to make brushing fun but need ideas? Visit ***http://cavityfreekids.org/*** for more information and resources.

Using the bathroom is an important skill

Your child will be proud when he or she uses the toilet and may want to share the good news. Encourage your child by letting him or her know you're proud. Remember that some children aren't fully toilet-trained until they're school age. This is normal but can be challenging for parents. Children who stay dry during the day may still wet at nap-time or at night. Stressful situations, such as a new child care provider or a move, may cause a toilet-trained child to begin wetting the bed again. Encourage your child to use the bathroom before going to sleep. Once he or she regularly wakes up dry, try switching from a diaper or pull-up to underwear at night. If your child wets the bed, let him or her know that it's okay. Try not to get angry. Help your child change into dry clothes right away. Find helpful resources about toilet-training and bedwetting by visiting: ***https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Bedwetting.aspx***

Begin to teach your child about safety

Help keep your child safe by making sure he or she is always with you or another adult you **trust.** At age three, children are not able to tell the difference between a stranger and a friend. Make sure your child knows to always check with you or his or her caregivers before going anywhere with anyone.

This is also a good time to be sure all medications, cleaning supplies, tobacco and vaping products, and firearms are out of reach of your curious three-year-old.

To read the free booklet
"Personal Safety for Children: A Guide for Parents"
visit: ***http://bit.ly/Child_Personal_Safety***

WithinReach™
Family Health Hotline
ParentHelp123.org

Call the Family Health Hotline at 1-800-322-2588 (711 tty relay) or visit ParentHelp123.org to find:
• Immunization information • Free or low-cost health insurance • Breastfeeding support and nutrition programs • Free developmental screenings and referrals to get your child school ready • Information about your Child Profile mailings

This letter is available in other formats. Call the Family Health Hotline at the number above.

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Keeping Your Child Healthy and Safe

Make time for active play

Experts recommend that children this age spend **at least** one hour every day running, jumping, and climbing in a safe area. This kind of activity helps your child's body become strong and well-coordinated. Active play during the day also helps children sleep well at night.

You can play active games together indoors or outside:

- Dig with plastic shovels, pails, and cups
- Read together and act out the stories in books
- Play "dress up" and "make believe" with scarves, shoes, and other clothing
- Dance, play hide-and-go-seek, or take a walk
- Create an obstacle course that you can climb over, under, and through

For more activity ideas visit the **Let's Move** website at *http://www.letsmove.gov/get-active*

Set limits on "screen time"

The American Academy of Pediatrics recommends that children over age two have no more than one to two hours of screen time per day. If your child spends too much time playing with computers, tablets, smart phones, video games, and watching TV, your child is not doing other things that will help him or her learn and be healthy, such as reading and playing outside. When your child does watch TV or play games, educational, non-violent, ad-free choices are the best. Ask other caregivers to limit screen time and to only choose programs and games made for kids your child's age.

Children need plenty of sleep

At age 3, children need 10 to 12 hours of sleep at night and may need a nap or quiet time after lunch. Help your child get to bed at the same time each night. Start a regular bedtime routine if you don't already have one. This could be taking a bath, brushing teeth, reading a short book, and cuddling before turning out the light. Talk with your healthcare provider if your child often has trouble getting to sleep.

Your three-year-old's emotions

There may be a lot of changes in your child's life right now — a new child care or preschool, potty training, maybe even getting a new bed. This can be stressful and may lead to tantrums. Help your child name his or her emotions. This may help your child feel more in control and help him or her to calm down more quickly.

When to change from a car seat to a booster seat

Be careful not to switch from a car seat to a booster seat or seat belt too soon. Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. The harness keeps your child secure during normal driving, as well as in a crash. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat. Washington State law says that children younger than 13 should sit in the back seat. The back seat is the safest place for all children to ride.

Questions? Visit *www.800bucklup.org* or call the **Safety Restraint Coalition** **1-800-BUCK-L-UP (1-800-282-5587)**

Begin to teach your child street safety

Stay close to your child and hold his or her hand when you are near moving or parked cars, especially in parking lots and driveways. At this age, children:

- Move fast and can run into the street without warning.
- Don't know safety rules and need grown-ups to look out for them.
- Are small and hard for drivers to see, especially when they're backing up.
- Can't judge how fast a car is moving or how close or far away it is.

Keep your child away from traffic. Fenced yards, parks, or playgrounds are good places to ride and play. Set a good example. When walking, talk to your child about street safety. Show your child how to cross the street safely but remember that your child is still too young to do this alone.

Know first aid and child CPR

Emergency skills give you practical ways to help a child who is injured or choking. Learn these skills before you need them! To find out about first aid or child CPR classes, call your local fire department, health department, American Red Cross chapter, or hospital. You can also call the American Heart Association at — 1-877-242-4277 (1-877-AHA-4CPR). Make sure your child care provider also has this training.