

## ***DEVELOPMENT***

- Your child will begin to enjoy social interaction with other children and will begin to separate more easily from his/her parents.
- He/she can hop easily on one foot, climb well and can catch a ball bounced to him/her most of the time.
- Your child will learn colors and body parts, and know many of them at this age.
- Your child may be interested in the differences between boys and girls, and may explore their own "private" parts and those of their siblings or friends.

## ***DIET***

- It is best to offer a well-balanced diet that includes nutritional snacks and avoids junk food and candy.
- Avoid a "battle of the wills" at mealtime, but do encourage table manners in a positive way.
- Offer choices between good foods.

## ***HYGIENE***

- Your child should be able to dress himself/herself with assistance.
- Your child should be brushing his/her teeth at least twice a day.
- Dental check-ups should be done regularly at this age.
- Toileting: 40% of all children (boys more than girls) at this age still occasionally wet at night. Let us know if a child, who was previously dry, begins wetting again. By the age of 4 years, 95% of all children are bowel trained.

## ***DISCIPLINE***

- Praise for desired behavior is just (if not more) important than correcting poor behavior.
- "Time-out" continues to be an effective method of shaping behavior. The time spent in "time out" should be equal to the child's age. For example, a four year old should not be asked to spend more than 4 minutes in "time out".
- Consistent consequences, and "following through" with threats are very important and well understood at this age.
- Be willing to leave a restaurant, store, friends' house if appropriate behavior is not exhibited.

## ***SAFETY***

- Avoid letting your child play in the street and teach your child street safety -- crossing streets, following traffic signals, etc. Of course, your child is not at an age to be crossing streets alone, but it is a good time to start teaching the basics.
- Children should wear approved helmets when on a bicycle, scooter, roller blades, or similar toys.
- Teach water safety and bicycle safety.
- Teach your children never to take anything from a stranger or to talk to strangers. Give them ideas of what to say if they are approached.
- Never let your child ride in any car unless properly restrained. Children should be in car seats until they weigh 40 pounds. After that, they should be in an approved booster seat. Booster seats are the safest way to travel even up to the age of eight.
- If you own a gun, we encourage you not to store it at home or in the car. If you do store the gun at home, it should be unloaded, locked up and the ammunition should be stored in a separate place other than with the gun.

## ***STIMULATION***

- Provide your child with an opportunity to play with other children.
- Children at this age have an increased ability for fantasy play and often exaggerate stories.
- Your child should learn his/her basic colors, numbers, shapes and his/her full name.
- Now might be a good time for swimming lessons.

## ***TOYS***

- At this age children enjoy books, records, coloring books, paints, clay, stuffed animals, ball games and riding toys.

## ***IMMUNIZATIONS/TESTS***

- Your child will receive boosters for DTaP, MMR, Polio and Varicella vaccines.
- The boosters can be deferred to the 5 year visit if the parent chooses.
- The Acetaminophen syrup dose at this age is \_\_\_\_\_, every 4 hours as needed for fever and pain.