

# Three Years

DATE \_\_\_\_\_

Weight \_\_\_\_\_

Height \_\_\_\_\_

BP \_\_\_\_\_



## PHYSICAL DEVELOPMENT

- Some potty-trained, some not
- Many still wet at night (thanks to pull-ups)
- OK to bathe kids together
- Answer questions about sex/body parts simply and clearly

They like blocks, cars, colors, drawing, puzzles, and reading.

### Safety Concerns

- Guns and keep drugs locked up
- Car Seat/Seatbelt
- Swimming Pools
- Trampoline
- Hot Water

### Mealtime

- Should be planned, consistent. Three meals with two or three snacks.
- Have set times, places.
- Remember, you decide what, when, and where they eat. They decide whether they eat and how much.
- Obviously, you will provide healthy, nutritious foods so that there are no issues about only wanting to eat junk food.
- The mealtime is a meeting where food is served. The eating is not the most important part, regardless of whether the child eats. This issue is more important to your child's eating habits and attitudes about food than any food choices you make. Make your kids want to come to dinner, not dread it.

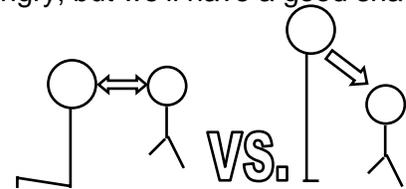
Time to see the dentist if you haven't done this already.

**Remember, you create your child's reality. If you choose to allow the media to define reality, you are history.**

## BEHAVIORAL/PSYCHOLOGICAL

### Kids begin to reason at this age, but not very well.

- Allow safe mistakes (poor choices). Example: doesn't eat lunch. Response: "good luck, I hope you can last till snack at 3".
- Don't solve problems created by poor choices. Example: "I'm hungry". Response: "I'm sorry you're hungry, but we'll have a good snack later".
- Strive for



### Kids this age ask lots of "why?" questions.

- Make sure you listen, because questions often give clues as to the child's perceptions and experiences.
- They don't need the long answers. Short answers are better.
- "**Get in the teepee with me**" is a good way to get eye contact and improve listening (works both ways).

### Set limits, but be careful to make few "biggies".

- God did fine with 10, and that was for all of mankind, not just one family.
- Fewer rules are easier to keep up with and stay consistent.

### Birthday boxes are a good idea.

- Responsibilities and privileges of various ages.
- Helps with sibling issues, especially.

### EDUCATIONAL *(Suggested reading)*

*Parenting with Love and Logic*; Cline/Faye  
*Siblings without Rivalry*; Faber/Mazlish  
*Grace-Based Parenting*; Kimmel  
*Winning at Parenting*; Coloroso (CD/DVD)