Learning to Talk and Communicate
• Limit TV and videos to no more than 1–2 hours each day.
• Be aware of what your child is watching on TV.
• Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
• Give your child extra time to answer questions.
• Listen to your child carefully and repeat what is said using correct grammar.

Family Routines
• Get in the habit of reading at least once each day.
• Your child may ask to read the same book again and again.
• Visit zoos, museums, and other places that help your child learn.
• Enjoy meals together as a family.
• Have quiet pre-bedtime and bedtime routines.
• Be active together as a family.
• Your family should agree on how to best prepare for your growing child.
• All family members should have the same rules.

Getting Ready for Preschool
• Make toilet-training easier.
• Dress your child in clothing that can easily be removed.
• Place your child on the toilet every 1–2 hours.
• Praise your child when she is successful.
• Try to develop a potty routine.
• Create a relaxed environment by reading or singing on the potty.
• Think about preschool or Head Start for your child.
• Join a playgroup or make playdates.

Getting Along With Others
• Give your child chances to play with other toddlers.
• Have 2 of her favorite toys or have friends buy the same toys to avoid battles.
• Give your child choices between 2 good things in snacks, books, or toys.
• Follow daily routines for eating, sleeping, and playing.

Water Safety
• Watch your child constantly whenever he is near water including buckets, play pools, and the toilet. An adult should be within arm’s reach at all times when your child is in or near water.
• Empty buckets, play pools, and tubs right after use.
• Check that pools have 4-sided fences with self-closing latches.

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What to Expect at Your Child’s 3 Year Visit
We will talk about
• Reading and talking
• Rules and good behavior
• Staying active as a family
• Safety inside and outside
• Playing with other children

Poison Help: 1-800-222-1222
Child safety seat inspection: 1-866-SEATCHECK; seatcheck.org

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