

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.

AGE - 3 YEARS



GREETINGS!

Hurrah! Your child has reached the magic year of 3 when her world is filled with fantasy and wild imagination. She is more sociable, has better emotional control, and is so curious about everything.

She can now talk clearly, enjoys other children, begins to learn to share and take turns, and asks "why" a million times. She will begin to be even more independent and can distinguish between boys and girls.

YOUR CHILD'S HEALTH CARE

Immunizations (shots):

- ★ Influenza yearly.

Ask your health care provider to review your child's immunization record to make sure no shots are needed.

Well-Child Check-Ups:

- ★ Your child is now due for her 3 year old check-up.
- ★ Her vision and hearing should be checked.
- ★ Don't forget about regular dental check-ups.
- ★ Sometime during this next year you can take your child to pre-school screening to see if she is developing normally and will be ready to start school. Call your local school for more information.

ACTIVITY TIP

Use child scissors and teach her how to cut on lines

YOUR GROWING CHILD

- ✿ Can ride a tricycle
- ✿ Build a 9-10 block tower
- ✿ Kick a ball forward
- ✿ Draw line drawings, trace & write simply
- ✿ Loves to role play
- ✿ String large objects together
- ✿ Name 6 body parts
- ✿ Name 4 colors
- ✿ Can help dress and undress self
- ✿ Curious about body and how it works
- ✿ Has 10-20 minute attention span
- ✿ Alternates feet when going upstairs
- ✿ Knows name and age and can learn her address
- ✿ Continues to lose baby fat & gain muscle
- ✿ Has many fears and tells tall tales
- ✿ May have imaginary friends
- ✿ Uses 3-5 word sentences and knows 900-1500 words - may use foul language and chatters constantly
- ✿ Is learning to use pronouns such as "I," "you," "me," etc.
- ✿ The sounds of b, p, m, w, and h will emerge during this year in her speech
- ✿ Has more bladder & bowel control during the day & usually stays dry at night
- ✿ Has all her baby teeth
- ✿ Can pour liquid from a pitcher into cups



Common Health Concerns

- Injury is the biggest threat to a three year old. She likes to climb and try new skills and should be watched around good play ground equipment or taken to the park.
- She will grow about 3 1/2 inches and gain about 5 pounds during this third year.

Safety Check

- ✓ Continue to ride in appropriate car seat. Children under 80 lbs. and 4 feet 9 inches should ride in a booster seat so belt is positioned properly. Call your local public health about car seat safety checks in your area.
- ✓ Keep dangerous chemicals, cleaning fluids, and all medications away from child
- ✓ The poison control number is 1-800-222-1222.
- ✓ Use at least #15 sunblock when child is outside for any length of time.
- ✓ Never leave child alone in a vehicle.
- ✓ Always turn handles of pots on the stove inward.
- ✓ Always observe her closely when near any body of water. Always remember to wear life jackets.
- ✓ Store knives and firearms out of reach.
- ✓ Teach her the danger of going into the street.
- ✓ Teach her to be careful around dogs, especially when they are eating.
- ✓ Teach her not to go with strangers.
- ✓ Teach her to tell you about any touch she does not like, even if done by relatives.
- ✓ Remind them to use a safety helmet for riding bikes, scooters, and skating.

POSITIVE PARENTING

- ★ Help your child express emotions verbally rather than hitting, screaming, biting, or physically attacking others.
- ★ Answer her questions with simple, short, honest answers - she may even ask where babies come from.
- ★ Provide private time with her where she has your undivided attention.
- ★ Let her express her affection for you freely. Be ready to hear her express her annoyance at you as well.
- ★ Listen to your child's opinions.
- ★ Give choices when possible.
- ★ Remind her to go to the toilet during the day.
- ★ Don't joke about leaving her alone or locking her up, she may be afraid for a long time.
- ★ Can use "time out" for discipline or withhold an activity. Avoid withholding of food, yelling or spanking. Time out provides child and parent a chance to calm down.
- ★ Let her help and do simple chores.

FEEDING YOUR CHILD

- ❖ Can now feed herself completely, drink neatly and use a fork.
- ❖ May like some foods one day and not the next.
- ❖ May eat a lot one day and not much the next day.
- ❖ Be sure to offer nutritious food and snacks.

**Web resource: www.mypyramid.gov
Click on My Pyramid for preschoolers**

ACTIVITY TIP

Provide clay, finger paints, crayons, pens, pencils and lots of paper for her to draw and play with.

Enjoy your delightful 3 year old. Let me know if you change your name, address, or phone number so you will continue to receive these newsletters.

I will be writing to you again before your child's 4th birthday.

Call me if you have any questions.

If you have friends who are pregnant or have young infants, please tell them how to join our program by calling me.



Public Health
Prevent. Promote. Protect.

218-281-3385
www.co.polk.mn.us

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Public Health
Prevent. Promote. Protect.

Polk County Public Health
PO Box 403
Crookston, MN 56716

Address Service Requested

TO:

3 YR.

REFRIGERATOR MEMO

My Child's Next Check-up Is _____

My Child's Next Immunizations Are _____

COMMUNITIES CARING FOR CHILDREN218-281-3385
(Polk County Public Health Office)

AREA MEDICAL CLINICS

Altru/Erskine.....218-687-5317
Altru/Fertile218-945-6064
Altru/Crookston218-281-9100
Altru Family Medicine Center/Grand Forks.....701-795-2000
Altru Pediatrics/Grand Forks701-780-6110
Essentia Health Clinic/Fosston.....218-435-1212
Essentia Health Clinic/Erskine 10 a.m.-2 p.m.....218-687-2051
Sanford Clinic/East Grand Forks218-773-6800
RiverView Clinic/Crookston218-281-9595
RiverView Family Practice and
Integrative Medicine Center/Crookston218-281-9515
RiverView Clinic/East Grand Forks.....218-773-1390
RiverView Clinic/Fertile218-945-6695

NEWBORN HOME VISITS (HUG)

Public Health Nurses218-281-3385

DEVELOPMENTAL ASSESSMENTS

Infant Follow Along218-281-3385
Help Me Grow1-800-693-GROW (4769)

FAMILY PLANNING

Polk County Public Health.....218-281-3385
Local medical clinics

WOMEN INFANTS & CHILDREN (WIC)

Crookston.....218-281-1673
East Grand Forks218-773-2431
McIntosh.....218-563-2010

IMMUNIZATIONS

Polk County Public Health.....218-281-3385
Area medical clinics

CHILD AND TEEN CHECK-UPS OUTREACH

Polk County Public Health.....218-281-3385

ATTENTION PARENTS

When calling to schedule your child's next appointment for a
"WELL CHILD EXAM" at your medical clinic, be sure to
let the appointment desk clerk

KNOW THE HEALTH INSURANCE PLAN YOU ARE ENROLLED IN.

To make sure you get all of the (tests) that will be reimbursed.

A "CHILD AND TEEN CHECKUP" is the name of the well child
exam covered by MNCARE or Medical Assistance.

Be Sure to **ask for one**

**Remember to bring your health insurance card and
immunization record to every appointment*

08/2013

PARENTS SUPPORT GROUP

Parents Helping Parents, Crookston218-281-3385

PRENATAL EDUCATION

Altru Hospital/Grand Forks701-780-5000

Area medical clinics (see other side)

Essentia Hospital/Fosston218-435-1133

Polk County Public Health.....218-281-3385

RiverVeiw Hospital/Crookston.....218-281-9200

SOCIAL SERVICES

Crookston.....218-281-7329

East Grand Forks218-773-2431

Fosston.....218-435-1585

MINNESOTA CHILDREN WITH SPECIAL NEEDS.....1-800-728-5420

STORYTIMES Call your local library

VIOLENCE INTERVENTION PROJECT 1-800-660-6667

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

Climax.....218-857-2385

Crookston.....218-281-2762

218-281-5078

East Grand Forks218-773-3494

Fertile-Beltrami.....218-945-6933

Fisher.....218-891-4105

Fosston.....218-435-6335

Win-E-Mac.....218-687-2235

POISON CONTROL.....1-800-222-1222

HEAD START

Crookston.....1-800-584-7020

East Grand Forks1-800-584-7020

Oklee (Inter-County).....1-800-778-4008

DAY CARE

Child Resource & Referral 1-800-543-7382

An eye and vision assessment is an important step in making sure your baby is learning to see properly. The InfantSEE program provides a one-time, no cost eye and vision assessment for babies 6 to 12 months old. To find a participating optometrist in your area, visit www.infantsee.org or call 888-396-EYES (3937)