

# Your Child is Now \_\_\_\_\_ Years Old

## What Should Your Child Be Eating?

- Give your child a balanced diet of fruits, vegetables, meats, breads, cereal, and dairy products.
- Most children will be eating what you eat now and should be feeding themselves.
- Many children this age prefer finger foods. Child sized forks and spoons with rounded tips can be used.
- Serve nutritious snacks such as cheese and crackers, yogurt, or cut up fruit.
- Avoid snacks right before meals.
- May still be picky eaters at this age, but should be eating one balanced meal a day.
- Limit milk to no more than 16 ounces per day and limit juice to 6 to 8 oz a day.
- Do not give KoolAid® or soda.
- Do not give foods that your child may choke on like nuts, hard candy, popcorn, large hot dog pieces, whole grapes, or raw vegetables.
- Share meals as a family when possible.

## What Will Your Child Be Doing at Age 2?

- Becoming independent, wants to do things themselves.
- Will do lots of running, jumping, and climbing.
- Very curious, likes to explore.
- Up and down stairs alone with 2 feet on each step.
- Follows directions well.
- Turns pages of book one at a time, likes to be read to.
- Can turn door knobs and unscrew lids.
- Talking more, using 2 to 3 word phrases.

## What Will Your Child Be Doing at Age 3?

- Jumps in place, kicks a ball, plays catch.
- Alternates feet going up and down stairs.
- Stacks 9 to 10 blocks.
- Puts on some clothing and takes clothes off.
- Learns to brush teeth with help.
- Can open doors.
- Draws, copies a circle, and begins to recognize colors.
- May give full name, age, and count to three.
- Vocabulary of about 900 words with 3 to 5 word sentences. Asks a lot of questions and may stutter sometimes.
- Likes to be read to.

## What Are Some Issues or Concerns You May Have?

### Sleep:

- If your child is not in a bed yet, this would be a good time to move him or her from the crib to a bed. Use a low bed or side rail to prevent falls.
- Usually takes one nap a day at 2 years of age and stops naps around 3 years of age.

### Cup:

Your child should be using a cup. Wean from the bottle if this has not been done.

### Fears:

- May be afraid of the dark and noises.
- May have nightmares. Tell your child he or she is safe.
- A nightlight may be helpful.

- Toilet Training:**
- Most children start toilet training by 2 to 3 years of age.
  - Have a potty chair available in the bathroom.
  - Signs of readiness to start toilet training: the diaper is dry after naps; can put pants up and down; and asks to have diaper changed.
- Discipline:**
- This is a time to teach and protect, not punish. Allow your child some decision making.
  - Be consistent about limit setting. Use the word “no” sparingly.
  - May want to start using “time-out” when child is hitting, biting, or out of control.
- Teeth:**
- Do not put your child to bed with a bottle or cup.
  - Brush your child’s teeth with a small amount of toothpaste that contains fluoride one to two times a day.
  - We recommend your child start going to the dentist after their 3rd birthday.
- Safety:**
- Use front-facing car seat.
  - Use sunscreen with an SPF of 15 or higher.
  - Guard against falls – put a gate on stairs, doors locked, and pools secured.
  - Never leave your child alone around water. Teach water safety.
  - Hot water should be less than 120 F. Your landlord must take care of this.
  - Store drugs, poisons, cleaning agents, and matches or lighters in a locked cupboard out of reach. Call the Poison Control Center at 1-800-222-1222, if concerned with possible poisoning.
  - Store guns and sharp instruments in a locked cupboard.
  - Cover electrical outlets.
  - Do not smoke in house, car, or around your child.

**Comfort measures after shots:**

You may give your child a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your child’s dose is \_\_\_\_\_.

**Call the office or answering service at 315-464-4357**

- If your baby:**
- Gets a temperature of 101° F or higher.
  - Refuses to drink.
  - Cries and cannot be comforted.
  - Acts very sleepy.
  - Gets a rash or hives or large swelling at shot site.
- If you need to:**
- Schedule or cancel an appointment.
  - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
  - After clinic hours to talk to a doctor.

Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Speak up if you have any questions or concerns.**



# Healthy Kids



Pediatric and Adolescent Center  
SUNY Upstate Medical University