



## 3 Year Visit

ENCOURAGING LITERACY ACTIVITIES

### **Reading and talking with your child**

- Read books, sing songs, and play rhyming games with your child each day.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store.
- Ask your child questions about the story or pictures. Ask him to tell part of the story.
- Ask your child to tell you about his day, friends and activities.

FAMILY SUPPORT

- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have regular mealtimes and playtime for you and your family.

- Help your child learn to take turns with other children while playing games.

*Reading together and talking about a book's story and pictures helps your child learn how to read.*

PROMOTING PHYSICAL ACTIVITY

### **Your active child**

- Apart from sleeping, children should not be inactive for longer than one hour at a time.
- Be active together as a family.
- Limit TV, videos, and video game time to no more than 1-2 hours each day.
- No TV in your child's bedroom.
- Keep your child from viewing ads that may make her want things that are not healthy.
- Be sure your child is active at home and in preschool or child care.
- Let us know if you need help in enrolling your child in preschool or Head Start.

SAFETY

### **Safety**

- Use a forward-facing car safety seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child outgrows her forward facing seat.
- Never leave your child alone in the car, house or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows.
- Store firearms unloaded and locked with the ammunition locked up separately from the gun.
- Supervise play near streets and driveways.

### **What to expect at your child's 4-year visit**

#### **We will talk about...**

- Getting ready for school.
- Community involvement and safety.
- Promoting physical activity and limiting TV time.
- Keeping your child's teeth healthy.
- Safety inside and out.
- How to be safe with adults.

*Questions or concerns? Call Tanner Clinic at 801-773-4840.*

FAMILY SUPPORT

### **Family support**

- Take time for yourself and to be with your partner.
- Parents need to stay connected to their friends, their personal interests and work.
- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well--time alone, respectful talk, or being active. Stop hitting, biting and fighting right away.

PLAYING WITH PEERS

### **Playing with others**

- Playing with other preschoolers helps get your child ready for school.
- Give your child a variety of clothes for dress-up, make-believe and imitation.
- Make sure your child has the opportunity to play often with other preschoolers.