

My Child

at 3 1/2 years



Toddler Shots

I may not need shots if I've had the following:

- DTaP - 4 doses
- Polio - 3 doses
- MMR (measles, mumps, rubella) - 1 dose
- HIB - 4 doses
- Varicella (chickenpox) - 1 dose
- Hepatitis A - 2 doses
- Pneumococcal - 4 doses
- Flu - 2 doses



If I'm missing any of these shots, please call my health care provider or the Health Department (1-800-432-4121) to make an appointment.

Show me love by . . .

- Giving me time to play "make believe" without being judged by others.
- Playing games and reading books with me.
- Giving me opportunities to play with other children at preschool, daycare or play groups.
- Giving me puzzles, blocks, zippers, and snaps to play with to improve my hand and finger skills.
- Taking me to the park or playground so I have space to play.
- Talking about my emotions and encouraging me to identify my feelings.
- Giving me an "activity box" with paper, crayons, and coloring books, so I can release my inner artist anytime.
- Playing counting games with me.

Keep me safe...and please...

- Store gasoline, paint and other dangerous materials in the garage in cabinets or in containers that can be child-proof by closing with a safety lock or latch.
- Make sure cabinets and medicines are safe from a climbing pre-schooler.
- Use a car seat or booster seat and a car seatbelt if your child weighs over 40 lbs.

By 3 1/2 years old...

- ♥ Your child likes to make choices...which book to read, which socks to wear, whether to play inside or outside. Allowing him to make some decisions gives him a feeling of importance.
- ♥ Your child needs to have limits set.

Watch me grow! I can . . .

- Grow 2 to 2 1/2 inches per year.
- Gain about 5 pounds per year.

What I need . . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 3 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.

Don't forget . . . I can

- Work toys with buttons, levers and moving parts.
- Play make-believe with dolls, animals and adults.
- Copy circles with a pencil or crayon.
- Take turns in games.
- Show concern for a friend who is crying.

You can take care of my oral health by...

- Taking me for a dental check-up.
- Helping me with brushing teeth.

Exploring my world . . . I can

- Have imaginary friends.
- Correctly name some colors and begin to count.
- Enjoy being with children in small groups.
- Do simple puzzles.
- Build towers of more than 6 blocks.
- Climb and run easily.
- Go up and down stairs and hop on one foot.
- Show a wide range of emotions.
- Separate easily from mom and dad.
- Turn pages in a book one at a time.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Name 2 or 3 colors
- ✓ Count 1 or 2 objects
- ✓ Hop
- ✓ Understand the meaning of “on” or “under.” (i.e. on the table or under the blanket).



The Path to Reading...

3 1/2 years

You can:

- ★ **Build muscles for writing.** Children need to develop the muscles in their hands and fingers in order to eventually write letters and words. Encourage your child to do things such as brushing teeth, buttoning and zipping clothes, and experimenting with different writing tools such as markers, crayons, pencils, and pens.
- ★ **Ask different types of questions while you read.** Open-ended questions such as, “What’s going on in this picture?” provide a chance for your child to use language and to think for himself. Questions that start with *WH* such as who, what, when, where, and why help your child recall what happened in the story.

Book Corner: Books without words can be a great way to let your child tell the story. These wordless picture books also help build vocabulary and language.

Check out these websites and apps for FREE info!



Free Baby Care App:
(Google Play)



WIC Website for Feeding Information
www.michigan.gov



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



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