

Pre-Schooler and You

A newsletter for parents of three year-olds



Pre-Schooler Shots

Your child should have all the shots she needs before school! Check the schedule below to be sure. Call your doctor's office or health department (1-800-432-4121 or 547-0295) to make an appointment if your child needs shots.

Vaccine	Age	Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	19-23 mos.	2-3 yrs.
Hepatitis B	HepB	HepB	HepB	Hep B	HepB			HepB		HepB	
Rotavirus			Rota	Rota	Rota						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP			DTaP			
H. Influenzae type B (HIB)			Hib	Hib	Hib		Hib		Hib		
Pneumococcal			PCV	PCV	PCV		PCV				PCV
Inactivated Poliovirus			IPV	IPV	IPV						
Influenza					Influenza (yearly)						
Measles, Mumps, Rubella							MMR				
Varicella (Chicken Pox)							Varicella				
Hepatitis A							Hep A (2 doses)				

KEEP KIDS HEALTHY

Children need healthy meals and 2 snacks every day that include:

- ♥5 milk/cheese servings daily
½ cup milk or ½ cup yogurt = 1 serving
- ♥3 protein servings daily
2 T. peanut butter, 1 oz cooked meat, fish, chicken, 1 egg, or 1 hot dog = 1 serving
- ♥8 bread/cereal servings daily
½ slice bread, ½ cup cold cereal, or 2-3 crackers = 1 serving
- ♥2 fruit and 3 vegetable servings daily
¼ cup fruit or vegetables, or ½ piece of fruit = 1 serving
- ♥1 vitamin C serving daily:
1 orange, or 2 cups orange juice = 1 serving

Your three year-old is eager to explore her world! She likes to go to the store or playground, and to participate in family activities. Her speech is understandable, and she loves encouragement and praise!

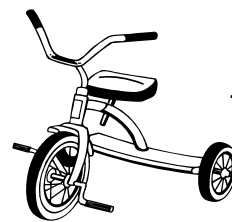
Your Pre-schooler at 36 Months...

your pre-schooler can:

- Pedal a tricycle
- Enjoy imaginary play
- Enjoy sand and water play, books and reading
- Say her own name, age, sex
- Draw circles
- Put on some clothing and shoes
- Be curious about where babies come from
- Grow 2" - 2 1/2" per year

your pre-schooler needs:

- ...a safe area to play inside and outside
- ...boxes, old clothes, sand and toys to play with
- ...simple picture books and someone to read them to her
- ...someone to teach first and last name
- ...to have paper, crayons, coloring books and blunt scissors to use
- ...to have choices of clothing; she may need help with dressing
- ...someone to answer questions honestly at her level of understanding
- ...to have 3 meals and 2 snacks per day



Safety Needs:

- supervise all play
- teach your child not to talk to strangers
- teach your child the difference between good touch and bad touch
- teach your child that she can say "NO" and tell you when a bad touch occurs.
- post the Poison Control number by your phone: **1-800-222-1222** and check out DeVos Children's Hospital Regional Poison Center online at poisoncenter.devoschildrens.org

Dental Needs:

- children should receive regular dental check-ups after age 3
- continue to help your child with tooth brushing until age 5 or 6
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

36 months

*Talk * Read *Explore

Your pre-schooler is constantly learning. This is the time to send the message that reading and learning are fun!

You can:

- * **Say** silly rhymes like "silly, nilly, willy, Jilly." This helps your child hear how sounds are similar and different so they can learn to read them.
- * **Let** your child continue to explore making marks on paper. This will help them learn that what we say can be written down and that they can write, too.
- * **Play** house or let your child run a pretend store. This gives them opportunities to use reading, writing, and words in a different way.

Book Corner: Three year-olds like to say things over and over! Simple rhyming books or short nursery rhymes are fun for them to memorize. Start sharing books about counting, the alphabet, shapes or sizes.
Our book pick: *Tomie dePaola's Mother Goose* by Tomie dePaola.

Great Start Network sends a "Happy Birthday" to your three year old! It's time again for a birthday contact from an Early Educator. They will be calling to update your information and provide resource and referral assistance. Call the Great Start Network for more information 1-877-866-3714.

Call the Great Start Network **event line** 24 hours a day for more information: **1-877-866-3714**.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MiChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

Preschool...Now that your child is ready for preschool, you can contact the Great Start Network for more information on the free preschool programs available in your area.

Planned Parenthood Northern Michigan (231-347-9692) and the Mancelona Family Resource Center (231-587-5044) each have a lending library of books, videos, and **Family Kits** to help parents discuss sexuality with children of all ages. Call for more information.

Picky Eaters:

All children have foods they like to eat and foods they don't like. It is normal for a child to like a food one day and dislike it the next. If mealtime has you frustrated, try some of these ideas:

- o Look at your child. Is she growing? Does she look healthy? If the answers are yes, relax.
- o Children need the structure of 3 meals a day at set times with snacks between meals at set times.
- o Between meals and snack times she needs you to be strong and say no when she requests foods or drinks. Offer her water instead of juice or milk between meals.
- o Offer new foods to all family members, and respect your child's decision to try some or pass.
- o Remember, if only nutritious foods are offered, your child will benefit from what she eats.
- o Eating together as a family is important. Turn off the TV, radio, and computer and enjoy your time together.

For helpful tips and health information, visit these websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For information and resources for children and families:

www.bridges4kids.org
www.kidshealth.org

For dental information and resources:

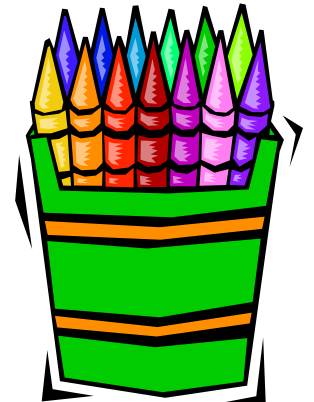
www.ada.org

For nutrition information:

www.eatright.org
www.wichealth.org

For smoking cessation help:

www.michigan.gov/tobacco
www.quitnet.com



Parent to Parent...

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

