

LET'S READ AT 3 YEARS!

This is what it looks like when we read:

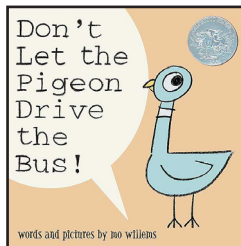
- My hands can turn paper pages easily and I can use a book like an expert.
- I can follow along with the words on the page and can even start to recognize letters.
- If my attention starts to wander, that's okay. We can come back to the story later.

I learn from books when you:

- Ask me to predict what might happen next in the story.
- Have fun and enjoy reading with me. Having a good time together is the most important part.
- Make funny mistakes, like replacing a word with something that rhymes, and let me fix them.

Let's read these books together, too!

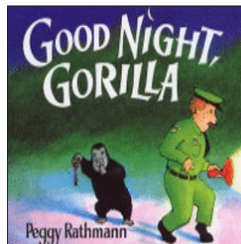
Silly books with detailed pictures help my imagination grow. I love to use all of my new words to talk about the stories we read.



Don't Let the Pigeon Drive the Bus

by Mo Willems

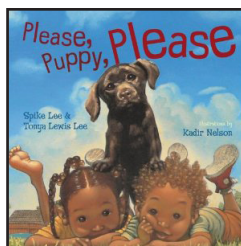
A wild and wacky pigeon begs the reader to let him drive the bus.



Good Night, Gorilla

by Peggy Rathmann

A sleepy zookeeper is followed home by all the animals he thinks he has left behind in the zoo.



Please, Puppy, Please

by Spike Lee and Tonya Lewis Lee

Two toddlers have fun with their puppy.

You can check out these and other great books in the Monroe County Public Library's Children's area!

your child @[™]

3 years

highlights of what's happening at this stage of your child's development ...

Your “little baby” is off to preschool. Her world will get so much bigger. She'll need you to guide her.

Your child's health

The Well Visit Take your child to the doctor for check-ups and blood pressure readings when he turns 3 and again when he turns 4. Ask your doctor about shots that your child may need before starting school. And catch up on any missed vaccinations.

Let your doctor know if your child cannot:

- Jump in place.
- Scribble holding a crayon between his thumb and fingers.
- Use sentences with more than 3 words.
- Socially connect with other children.

Dental Health

Let your child brush her teeth. Then help her to make sure her teeth get cleaned. She should:

- Brush teeth twice a day (especially at night).
- Use a child-size toothbrush with a pea-size bit of fluoride toothpaste.
- Visit the dentist every six months.

Nutrition

At this age, offer your child the same foods, at the same times, as you eat.

Choking is still a hazard, so avoid things like candy and cherries with pits.

Be careful with:

- Grapes (cut them in half).
- Hot dogs (slice in half the short and the long way).
- Raw vegetables like carrots and celery.
- Spoonfuls of peanut butter, especially crunchy.



Made possible through the generous support of the **A.L. Mailman Family Foundation.**

your child @ 3 years

Your child's health, continued

Sleep *Goodbye Nap time.* Between 3 and 4 years, children often give up their afternoon naps. On days when your child doesn't nap, be prepared for some fussiness. You may have to put him to bed earlier that night.

Hello Bedtime Battles. Your child may begin to fight going to bed. To help:

- Try to stick to the bedtime routine and set limits such as how many books you will read each night.
- Give your child choices. Let him pick out his pajamas and books to read.
- Help him feel safe. Use night-lights, security blankets, or stuffed animals.

Remember

Accidents happen. Don't get angry or make a big deal about them.

Toilet Training At this age, some toddlers are toilet trained. Some are not. Either way, help her have success:

- Dress her in clothes that are easy for her to pull up and down.
- Use the potty right before bed. And make sure she can get to the potty at night.

Nurturing your child

- Sharing**
- *Show How to Share.* Give your child a toy in return for one of his toys. And let him see you share with others.
 - *Choose Toys to Share.* Before a friend comes over to play, put away toys that your child does not want to share.
 - *Practice.* Play indoor and outdoor games where you take turns, like board games or hide-and-seek.

Media Time Limit media watching (TV, computer, video games, etc.). 1 hour per day is more than enough.

Your child's safety

- In the Car**
- Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer. Then use a belt-positioning booster.
 - Visit www.seatcheck.org for more information.



TIPS | for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Ham it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.