

Best Kids Care
Masoud Almasi M.D., P.A.
4200 S. Lake Forest Dr. Ste. 100
McKinney, TX. 75070
Phone: 214.592.0356

My Height is _____ % Children's Tylenol _____ ml/tsp

My Weight is _____ % Vitamins: any chewable

3 YEAR OLD TODDLER

MOTOR: Runs well, can walk upstairs and downstairs one foot at a time, and able to peddle tricycle.

FINE MOTOR: can make a tower of 7-9 cubes. She can make a bridge of 3 cubes. By 3 years can copy a circle.

LANGUAGE: can say full name and can refer to self as "I". By 3 years knows his/her age and sex and can speak 3-5 word sentences using child grammar. Speech is 3/4 understandable to a stranger.

SOCIAL: Help in dressing and putting on shoes; washes hands. Can play simple games with other kids.

EMOTIONAL: Impatient and gets upset easily. Shows anger by crying out or striking out. Wants to have her/his own way. Will assert by saying "no" to everything and may show sharp mood swings and can revert back to baby behavior at times.

TIME-OUT TECHNIQUE: Time out consists of immediately isolating the child to a boring place for a few minutes whenever misbehaves. It provides a cooling time for both child and parent and allow to regain their emotional control. Time out is most useful for 2-4 year olds aggressive, harmful, or disruptive behavior that cannot be ignored. It could be a designated chair in a boring location like facing a wall or corner. It could just be a corner or a designated room that is a safe place for a kid. When you are in the same room as the child carefully avoid making eye contact with the kid. Forbid turning on the radio or video games during time out period. **Time out should be short. A good rule of thumb is 1 minute per year of age. After age 6 you can tell them to remain in timeout until "you can behave".**

POTTY TRAINING: Lots of toddlers are ready for potty-training right around the time they turn two, or soon after (boys are ready a little later than girls). It's possible that your child might be ready a little sooner. You'll know she might be ready if she:

- Has bowel movements on a fairly regular schedule. (You can almost predict when child has a dirty diaper)
- Doesn't always have a wet diaper. This means her bladder can hold urine.
- Can and will follow instructions.
- Wants to imitate parents or brothers and sisters in the bathroom.
- Can tell you, or even show you by a change in activity or a look on child face, knows bladder is full, or that about to have a bowel movement. Tells you when peed and pooped.

You can help your child get ready for potty- training just by keeping potty chair nearby and talking to child about the whole process. Keep in mind that the more child understands about it the less scared be about it. Keep in mind, too, that your child must want to take this big step. Child be ready when wants to become more independent and please you too.