

NAME _____
DATE _____
WEIGHT _____ (_____ %)
HEIGHT _____ (_____ %)
BMI _____ (_____ %)
BP _____



FOR YOUR 3 TO 4 YEAR OLD

DIET

Your job as parent is to choose the best foods for your child. Offer three regular meals & healthy snacks. It is your child's job to decide how much to eat and even to eat at all. Make mealtime happy. Eat meals as a family. Model healthy eating in your own diet.

Growth in preschoolers is sporadic and their appetites follow. Expect appetite slumps and food jags (preference for the same foods at every meal). Do not force your child to eat. Offer healthy choices. Limit fatty foods, sweets, and juice intake.

During an appetite slump, do not play short order cook & prepare another meal in hopes your child will eat it. Wait until the next scheduled meal to feed him again.

Your child should drink 16-20 oz. of skim, 1% or 2% milk each day. Too much milk can lead to picky eating and anemia.

Multivitamins may be used if your child's diet is consistently inadequate. Your child does need 400 IU/day of vitamin D in their diet or as a supplement.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your child gets enough protein and zinc.

Use caution when giving your child nuts, popcorn, hard candies, or chewing gum.

DEVELOPMENT (3-5 YEARS)

Most 3 year-olds can jump, walk up & down stairs, pedal a tricycle, kick a ball, copy a circle, put on some clothing, use sentences, ask, "what's that?" and "why?" say some ABC's, colors & shapes, play pretend games.

Most 4 year-olds can hop & balance on 1 foot, draw a square & a person with 3-6 body parts, have a large vocabulary, use full sentences with 6 or more words, use scissors, play games and take turns, dress without help, zip & button, may have an imaginary friend.

SLEEP

A regular bedtime routine is **very important** to children. The average 3 year-old sleeps 12 hours per day, including 1 nap. By age 4, some children stop napping, but sleep about 12 hours a night. Typical bedtime at this age is 7-8 pm.

If your child refuses to nap, it is still important to have a quiet period of rest at a scheduled time each day.

Nighttime fears and resistance to stay in bed are common problems.

ELIMINATION

By age 3, about 90% of children are bowel-trained & 85% of children are dry during the day. It is normal that only 60% are dry at night.

By age 4, about 95% of children are bowel-trained & 90% of children are dry during the day. It is normal that 75% are dry at night.

