



# Bright Futures Parent Handout 3 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

ENCOURAGING LITERACY ACTIVITIES

## Reading and Talking With Your Child

- Read books, sing songs, and play rhyming games with your child each day.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store.
- Ask your child questions about the story or pictures. Ask him to tell a part of the story.
- Ask your child to tell you about his day, friends, and activities.

PROMOTING PHYSICAL ACTIVITY

## Your Active Child

Apart from sleeping, children should not be inactive for longer than 1 hour at a time.

- Be active together as a family.
- Limit TV, video, and video game time to no more than 1–2 hours each day.
- No TV in your child's bedroom.
- Keep your child from viewing shows and ads that may make her want things that are not healthy.
- Be sure your child is active at home and preschool or child care.
- Let us know if you need help getting your child enrolled in preschool or Head Start.

FAMILY SUPPORT

## Family Support

- Take time for yourself and to be with your partner.
- Parents need to stay connected to friends, their personal interests, and work.
- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have regular playtimes and mealtimes together as a family.

SAFETY

## Safety

- Use a forward-facing car safety seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child outgrows her forward-facing seat.
- Never leave your child alone in the car, house, or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

PLAYING WITH PEERS

## Playing With Others

Playing with other preschoolers helps get your child ready for school.

- Give your child a variety of toys for dress-up, make-believe, and imitation.
- Make sure your child has the chance to play often with other preschoolers.
- Help your child learn to take turns while playing games with other children.

## What to Expect at Your Child's 4 Year Visit

### We will talk about

- Getting ready for school
- Community involvement and safety
- Promoting physical activity and limiting TV time
- Keeping your child's teeth healthy
- Safety inside and outside
- How to be safe with adults

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; [seatcheck.org](http://seatcheck.org)



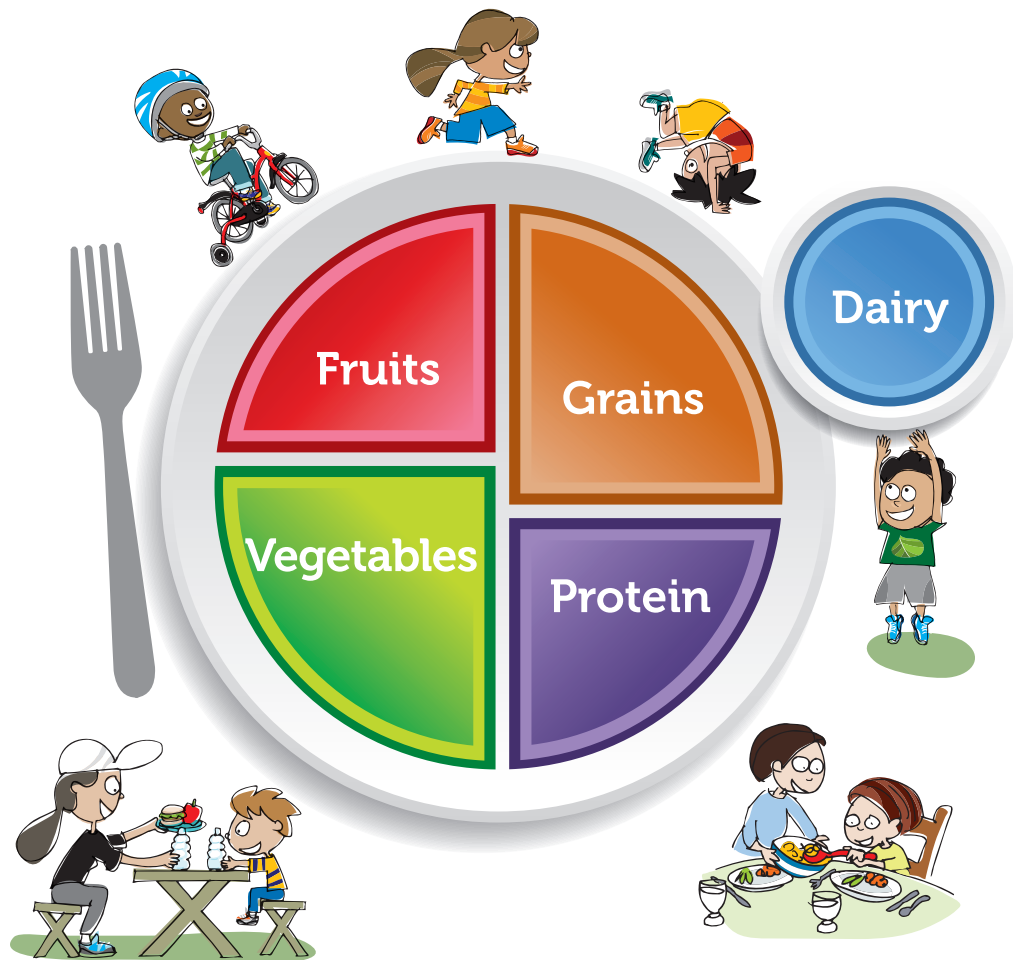
## American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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# Healthy Eating <sup>for</sup> preschoolers



Choose **MyPlate**.gov

Get your child  
on the path to  
healthy eating.



*Focus on the meal and each other.*

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

*Offer a variety of healthy foods.*

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

*Be patient with your child.*

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

*Let your children serve themselves.*

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

*Cook together.*

*Eat together.*

*Talk together.*

*Make meal time family time.*



# Healthy Eating for preschoolers

# Daily Food Plan



Use this Plan as a general guide.

● These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

● Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

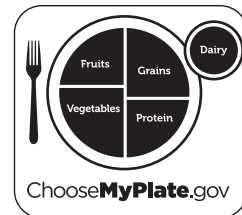
Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> 	1 cup	1 - 1½ cups	1 - 1½ cups	<b>½ cup of fruit?</b> ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
<b>Vegetables</b> 	1 cup	1½ cups	1½ - 2 cups	<b>½ cup of veggies?</b> ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
<b>Grains</b> Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	<b>1 ounce of grains?</b> 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
<b>Protein Foods</b> 	2 ounces	3 - 4 ounces	3 - 5 ounces	<b>1 ounce of protein foods?</b> 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
<b>Dairy</b> Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	<b>½ cup of dairy?</b> ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html).



# kid-friendly veggies and fruits



## 10 tips for making healthy foods more fun for children

**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



# Johns Creek Pediatrics

## Pediatric Dentist Referrals

### Alpharetta Children's Dentistry

George MacMaster, DMD, Thomas Akins, DMD, Judy Christianson, DDS  
Theresa Caruso, DDS, Daniel Kratzer, DMD, MS, Med, Meaghan Kindregan, DMD  
Monica Sharma, DMD, J.C. Shirley, DMD, MS

### **Johns Creek.**

3915 Johns Creek Court  
Suwanee, GA 30024  
(P) 678-740-0122

### **Alpharetta.**

4205 North Point Parkway  
Building C  
Alpharetta, GA 30022  
(P) 770-664-4936

### **Cumming.**

110 North Corners Parkway  
Cumming, GA 30040  
(P) 770-664-4936

[www.alpharettachildrendentistry.com](http://www.alpharettachildrendentistry.com)

### Classic Children's Dentistry

T.J. Eberhardt, DMD  
1200 Bald Ridge Marina Road  
Suite 100  
Cumming, GA 30041  
(P) 770-888-1490

### Rhonda Hogan, D.M.D., P.C. – Pediatric and Adolescent Dentistry

1380 Peachtree Industrial Boulevard, Suite 150  
Suwanee, GA 30024  
(P) 770.614.8914 (F) 770.619.8917  
<http://www.drrhondahogan.com/>

### Smile Magic

Sharon DeSouza, DMD, Pushpa Sundareswaran, DMD  
2880 Old Alabama Rd. Suite 400  
Alpharetta, GA 30022  
(P) 678.240.2777 (F) 678.240.2782  
[www.smilemagicga.com](http://www.smilemagicga.com)

Updated: 8/3/2015

**My Johns Creek Dentist**

Family & Cosmetic Dental Care

Mitul Patel, DDS

2627 Peachtree Pkwy., Ste 440

Suwanee, GA 30024

(P) 770.888.3384

[www.myjohnscreekdentist.com](http://www.myjohnscreekdentist.com)





# Alpharetta Children's Dentistry & Orthodontics

770-664-4750

Toddler  
Tooth Quiz

At what age should my child first visit a pediatric dentist?

**a.) or b.) 1 or 2 years old.** If your child goes to bed with a bottle, we would like to see them around age 1, if not, age 2 is ideal. We do not attempt a cleaning at this age, just a quick look to make sure everything looks good. Age 3 to 3 1/2 is a good age to schedule their first cleaning appointment. The number one goal of this appointment is to have a good experience. If we clean their teeth, that's just a bonus, but if not, that's ok.

True or False: Dry cereal is a good option for snack time?

**b.) False.** Dry cereal and similar foods contain starch, which sticks to the teeth! When starch breaks down by enzymes in the mouth, the starch turns into sugar which can remain on teeth and cause decay.

True or False: It is okay to put your child to sleep with a bottle of milk.

**b.) False.** When infants are put to bed with a bottle while contains milk, juice, or liquid which contains sugar, decay can develop on the teeth for 8 to 12 hours. Nursing bottle decay is entirely preventable. If children need a bottle to fall asleep, it should only contain water. Also, be sure to brush your child's teeth with a piece of moist gauze or a damp wash cloth after feeding and especially before bedtime.

Which is the best technique to prevent cavities?

**d.) All of the Above.** In addition to brushing and flossing, drinking fluoridated water from birth to age 10 will reduce cavities by 50-60% for the average child. Tap water in our area has a healthy amount of fluoride, if your child routinely drinks bottled water, make sure to choose a product that contains fluoride.

To prevent damage to the teeth and jaws, children should stop sucking their thumb by this age.

**c.) 3 years old.** If your child is under three years old and sucks his/her fingers, thumb, pacifier, etc., you probably have nothing to worry about. Generally, a child of four years old or older who still has a sucking habit has caused some changes in the jaw development. Pacifiers generally cause less damage than a thumb sucking habit. Also, it is much easier to get rid of a pacifier!