

Help me be healthy.

At this checkup, the doctor will:

- Weigh and measure me.
- Check my hearing and vision.
- Give me a blood test to see if I'm healthy.
- Ask what new things I can do, what my sleeping habits are, and what I eat.
 - Give me any vaccines I missed before.

Take care of my teeth.

- It might be time for my next dentist visit. I want to have healthy teeth, so please take me to the dentist every six months.
- Remember to brush my teeth every day.
- Check my teeth for white or brown spots.
- Don't give me a lot of sugary foods and drinks.

Help me be safe.

- **Keep all plants out of my reach.** Some plants are poisonous. If I do eat any parts of a plant, call the **Poison Control Center** at 1-800-222-1222.
- **Keep the trash inside a latched cabinet** or in a place where I can't get into it. Don't let me reach for anything in the trash. I could find can lids, food, plastic bags, and many other dangerous things.
 - **If I have a swing and slide,** make sure they are sturdy and safe for me to use. Are they anchored in the ground?
Stay with me while I swing and slide.

3 years

Help me learn to do what you want.

When I need to do something, tell me and show me what I should do. If I throw a doll at my sister because I want to play with her game, I need to know why I should not throw the doll. I also need to learn that I can't have what I want all the time. Tell me, "Please don't throw the doll. It could hurt someone. You can use the blocks to make a house for the doll. You can play the game when your sister finishes."

- Yelling or spanking me will not help me learn what you want me to do.
- Praise me when I'm doing what you want me to do.
- Telling me that you like the good things that I do will help me learn quickly. Hug me to show that you are happy about what I'm doing. I like to please you. This discipline works better than punishing me.

Register me for Head Start or preschool.

You can sign me up for **Head Start** anytime of the year. If you meet the federal guidelines, the Head Start program will help us based on our needs. To find out more, go to www.uth.tmc.edu/thssco or call 1-866-282-7780.

Play with me. It helps me learn.

- Show me how to take things apart and put them back together again.
- Take me to the library to check out books. Find out what programs the library has for young children like me.
- Take me outside. Show me how to run and throw a ball. Teach me the things that are better to do outside rather than in the house.
- Teach me how to describe how things feel. Show me what is soft, sticky, hard, rough and furry.
- Write down the stories that I tell. Read them back to me.
- Play a game with me of matching colors.
- Help me learn to pick up my toys and put them where they belong.
- Take me to a play group or invite a child who is about my age to my house so we can play together.



