

Development

At 3 years of age, your child should be able to:

- Climb up and down stairs
- Scribble and draw
- Speak in simple 3 word sentences such as "more please, mama", "that's my toy"
- Take turns and share
- See small objects clearly from a distance of 6 metres



Toilet Training

Most children are able to stay dry during the day by age 3 but some may still need a nappy at night. Teach your child to wash their hands after using the toilet.

Next Clinic Visit

Your child's next clinic visits will be at 3½ years and then at 4 years. These visits are important because your child will be given vitamin A and deworming medicine to help him/her grow bigger and be healthy. Your child's weight will also be checked at these visits.

Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes or
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



Disclaimer:

The creation of this material was made possible by the support of the American People through the U.S. Agency for International Development (USAID) under the Cooperative Agreement No. AID-674-A-12-00016. The contents are the responsibility of BroadReach Healthcare and do not necessarily reflect the views of USAID or the United States Government. Visit www.brhc.com for more information.



health
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PROVINCE OF KWAZULU-NATAL

Caring for your Child

3 Years



Vitamin A and Deworming

At the 3 year visit your child will receive vitamin A drops and medicine for worms. Vitamin A will help your child to grow and stay healthy and will protect against diseases like measles and diarrhoea.

All children need vitamin A and medicine for worms every 6 months until age 5.



Photo courtesy UNICEF

HIV Status of Child

If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure that your child attends the ART clinic every month for a check-up and to collect medication
- Your child needs to take the correct amount of ART medicine twice a day every day
- Make sure to look after your own health

Feeding

Children at this age need 3 meals a day with small snacks in-between. You should

- Make sure your child drinks 1 – 2 cups of full cream cow's milk every day
- Feed your child lots of vegetables and fruit, and foods rich in iron (meat, dark leafy greens, egg yolk, beans)
- Give your child lots of clean water
- Limit the amount of sweets you give your child



Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.



Food Safety

Now that your child is eating many different types of food, it is important that you make his/her food in a clean and safe way. When making your child's food, you should always:

- Wash your hands before touching any food
- Wash or peel fruit and vegetables, so that there are no germs on it
- Heat food well especially if your child is eating food made from animals (meat, eggs, liver) or leftover food. Heating properly will kill any germs in the food. Allow food to cool before giving to your child



Mouth Health

Brush your child's teeth with a soft toothbrush twice a day. Use a small amount of toothpaste and teach your child to spit out the toothpaste after brushing.

