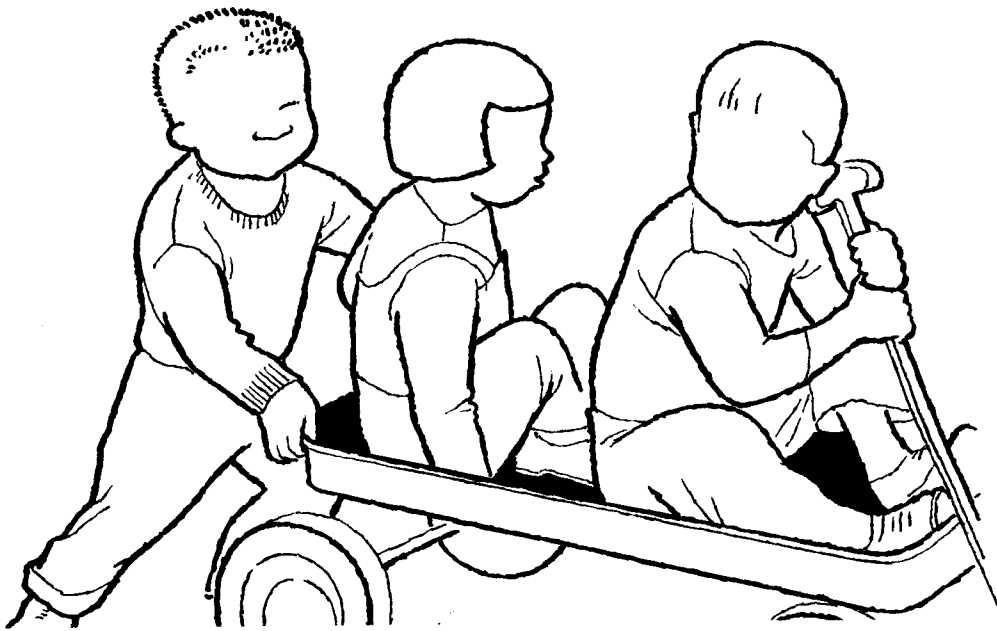


---

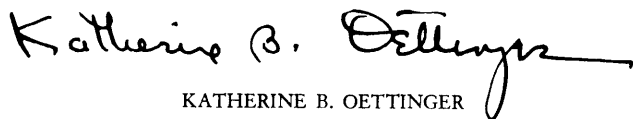
your child from 3 to 4



CHILDREN'S BUREAU

publication number 446—1967

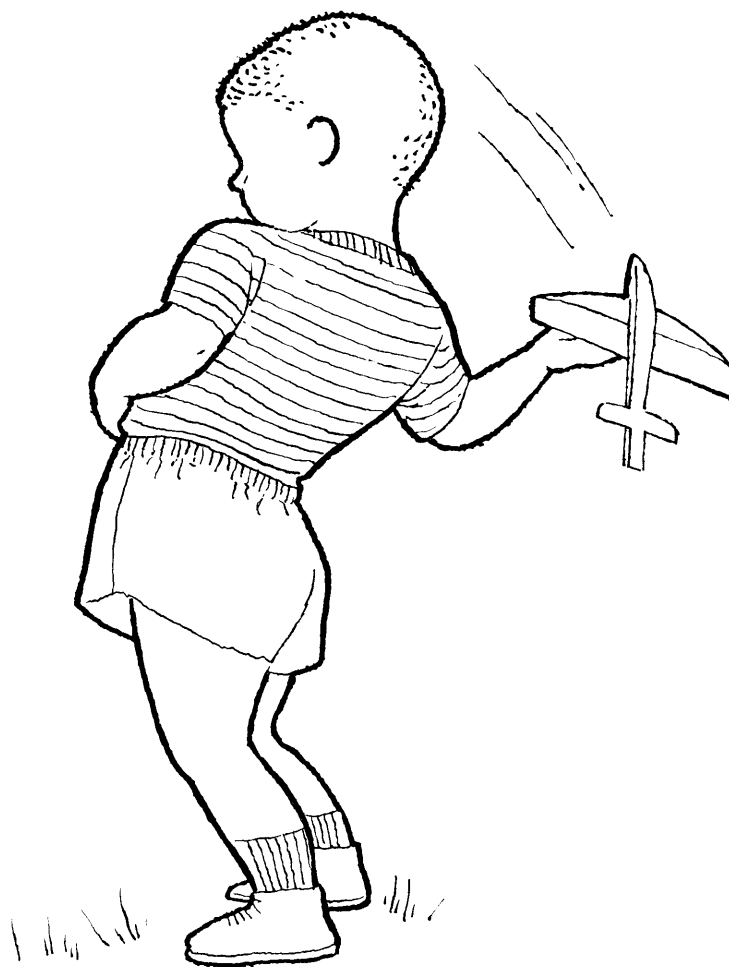
This short pamphlet, third in the Children's Bureau pictorial series on child care, is designed for quick and easy reading. It covers many important points parents need to consider for their child in his preschool years. More detailed information on the child from 3 to 4 can be found in *Your Child From 1 to 6* (Children's Bureau Publication 30).

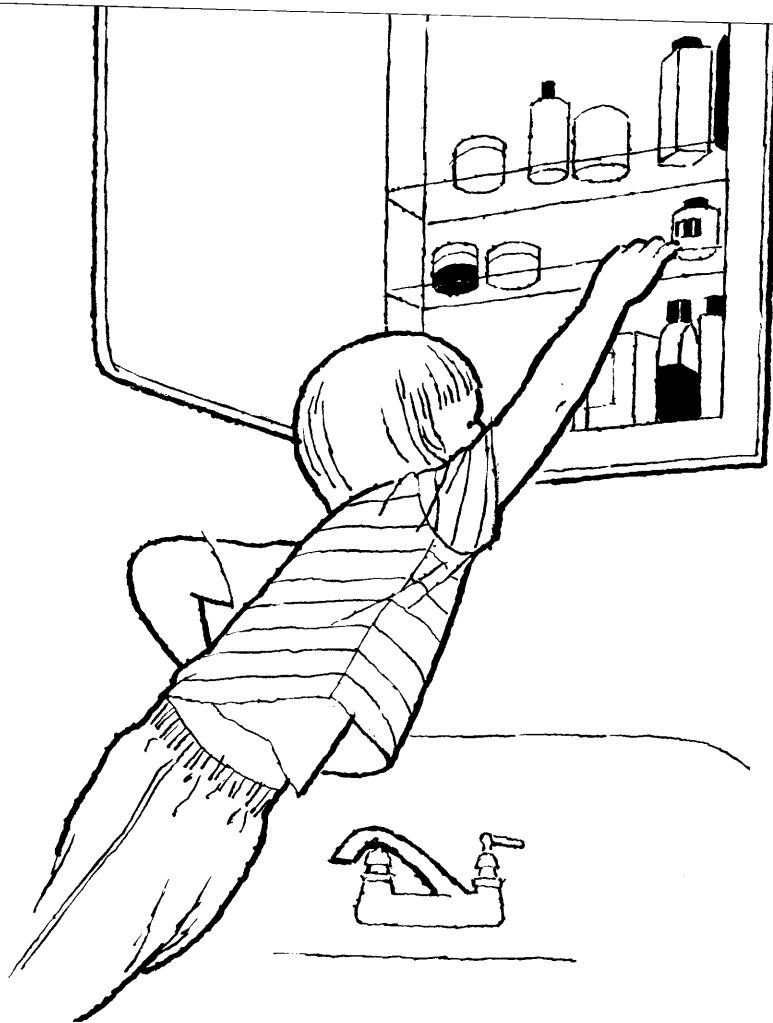


KATHERINE B. OETTINGER  
Chief, Children's Bureau  
WELFARE ADMINISTRATION

## your child from 3 to 4

After your child's third birthday, he begins to do many more things for himself. He has more imagination. He plays well by himself. More often, tho, he likes to be with boys and girls of his own age. He doesn't say "no" so often. He says "yes" a great many times. He has learned a new word—"why?" Answer him simply and honestly. He learns then. If you don't answer him, then you won't help him learn.



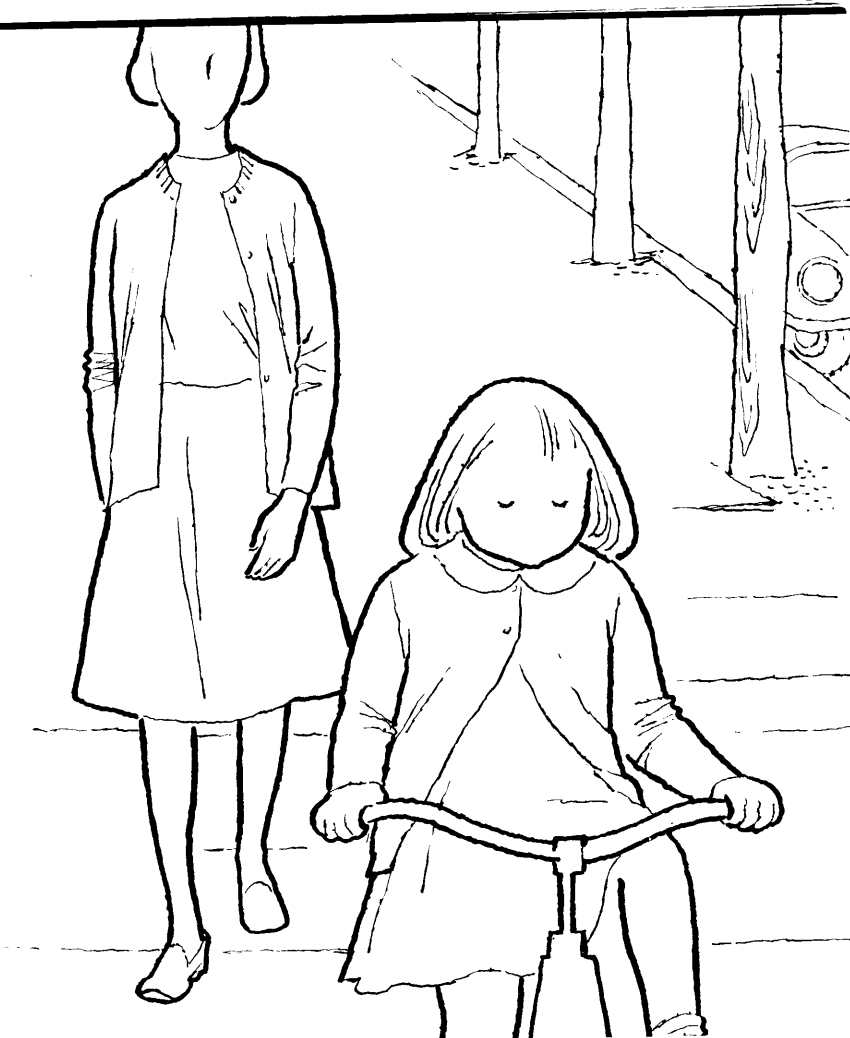


## Never leave him alone

Many accidents can happen. Try to make your home as safe as you can. Hunt for dangers and fix them. For example, cover light sockets. Keep out of his reach medicines, poisons, cleaning fluids, insect sprays, matches, or anything that may hurt him. Protect him from fire. Don't leave him in the bath. Don't leave him by himself.

## Be sure he's safe outside

He's not old enough to be out by himself. Watch him then. Keep him off streets. Many children are killed there. Stay with him by lakes, rivers, creeks, ponds, and so on. Many children drown. Keep him from fires. Many children burn to death.



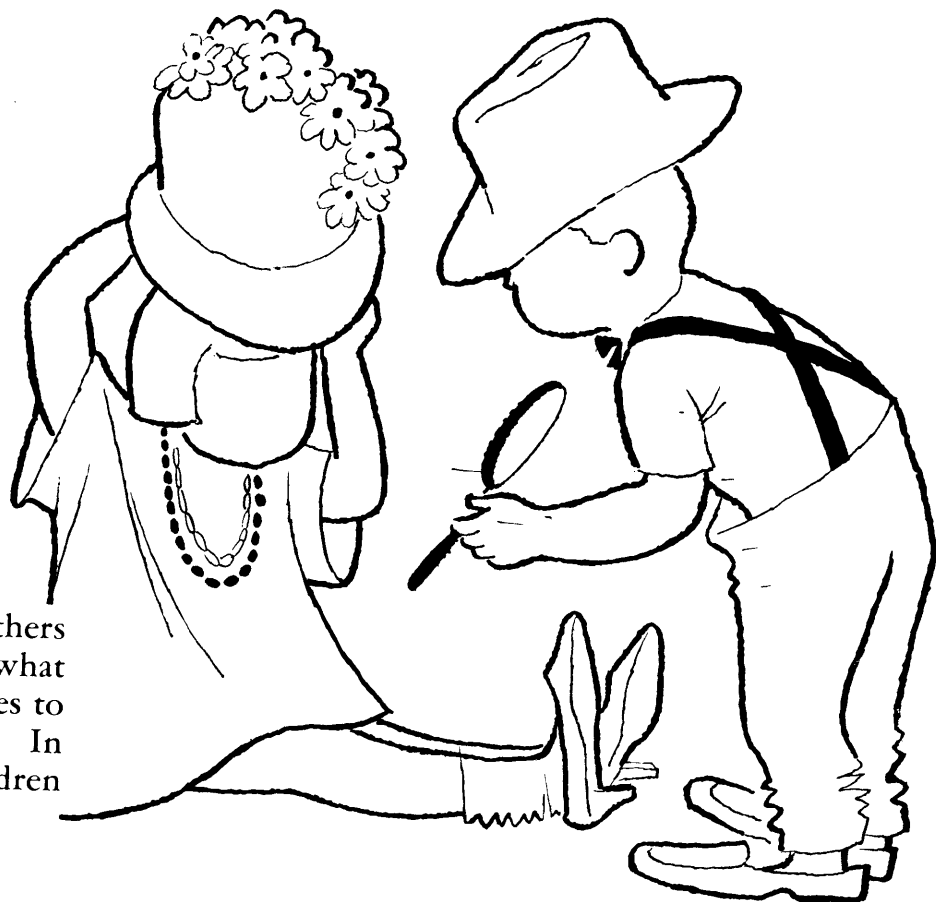


## He wants to please you both

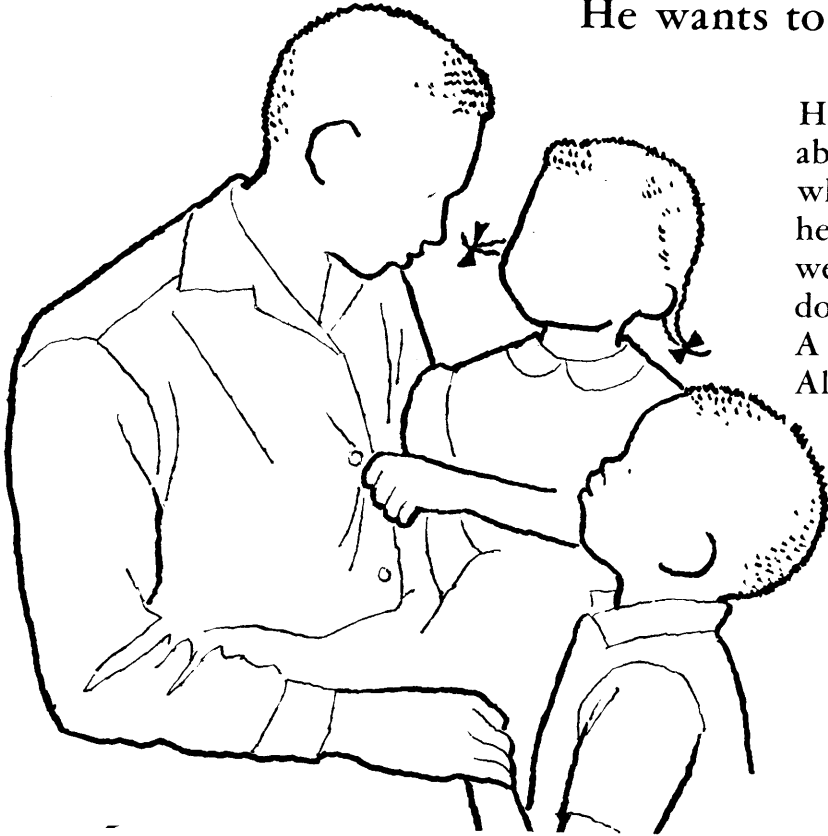
He wants you both to like what he does. So let him know what's good behavior. He already senses what you think is right and wrong. The more you build him up and praise him, the more he will follow your ways. How you act will teach him more than what you say. Always, keep that in mind.

**He'll learn  
from others**

Now, he is learning how others act. A boy tries to do what his father does. A girl tries to do what her mother does. In other words, your children copy you.



He wants to know and to find out

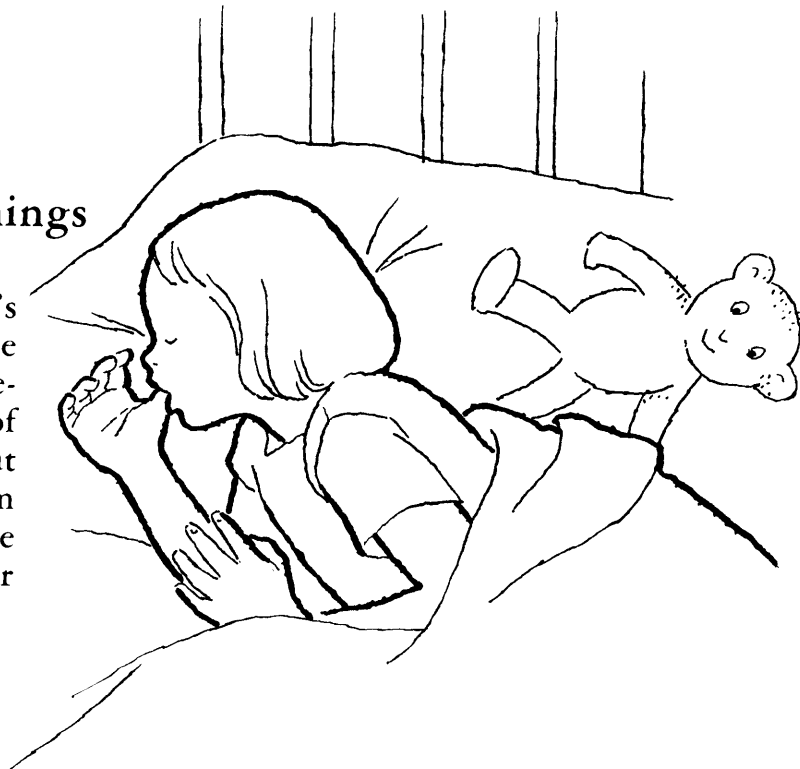


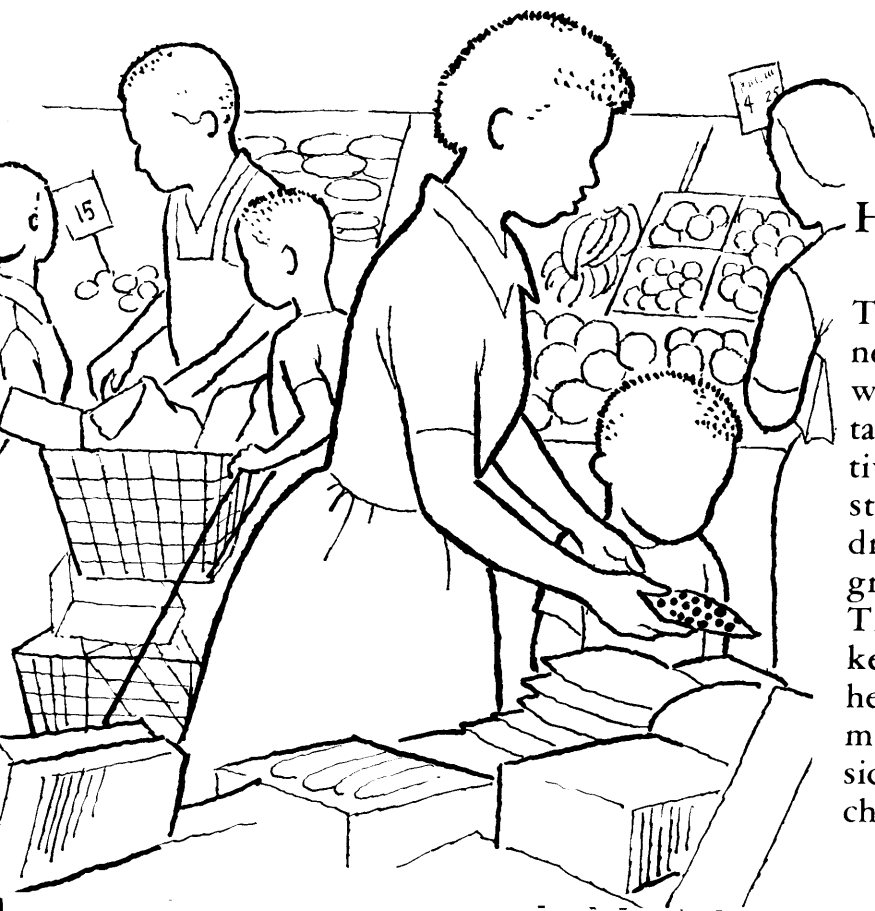
He'll ask many questions, about everything. He'll ask where babies come from. Or he may ask where grandpa went (when he died). He doesn't want a long answer. A brief simple one will do. Always tell him the truth.



## He may fear certain things

The dark, animals, the doctor's office, and so on, may make him afraid. He may fear being hurt. Never make fun of him then. Talk to him about his fears. Be quiet and calm as you talk. Even then he may need time to get over what scares him.



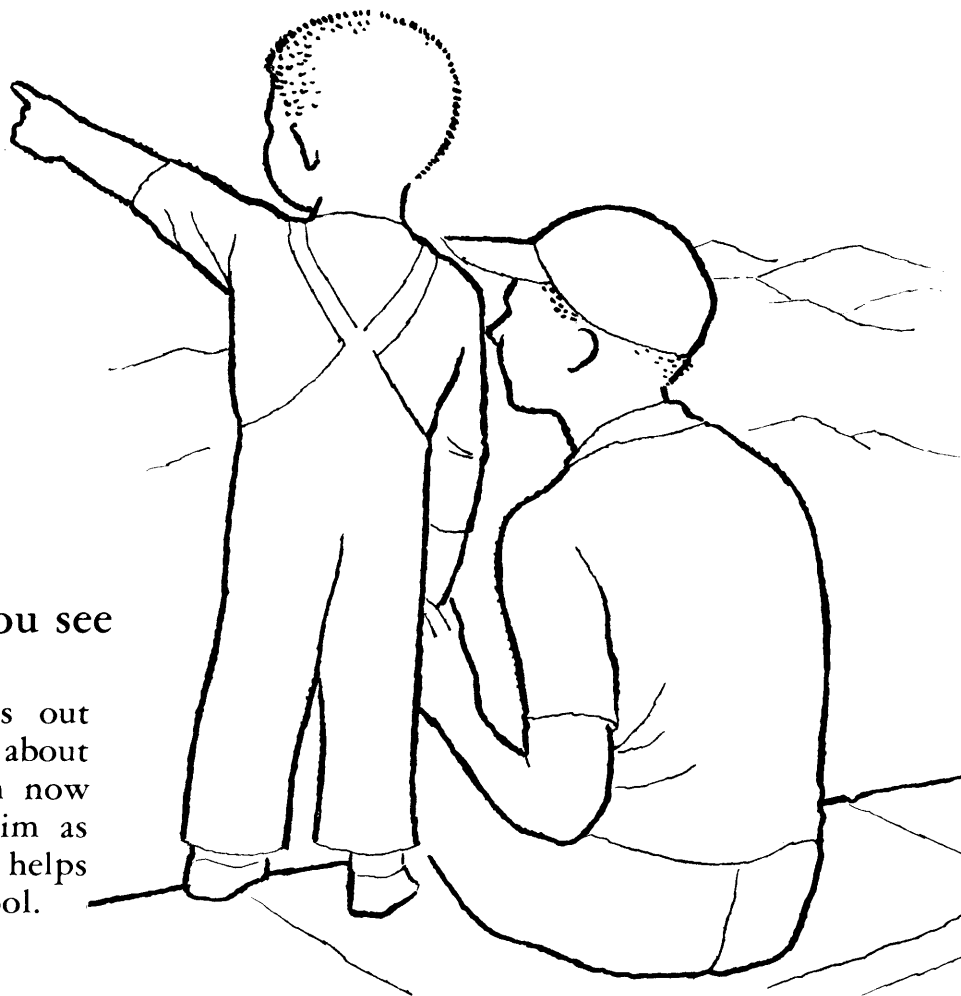


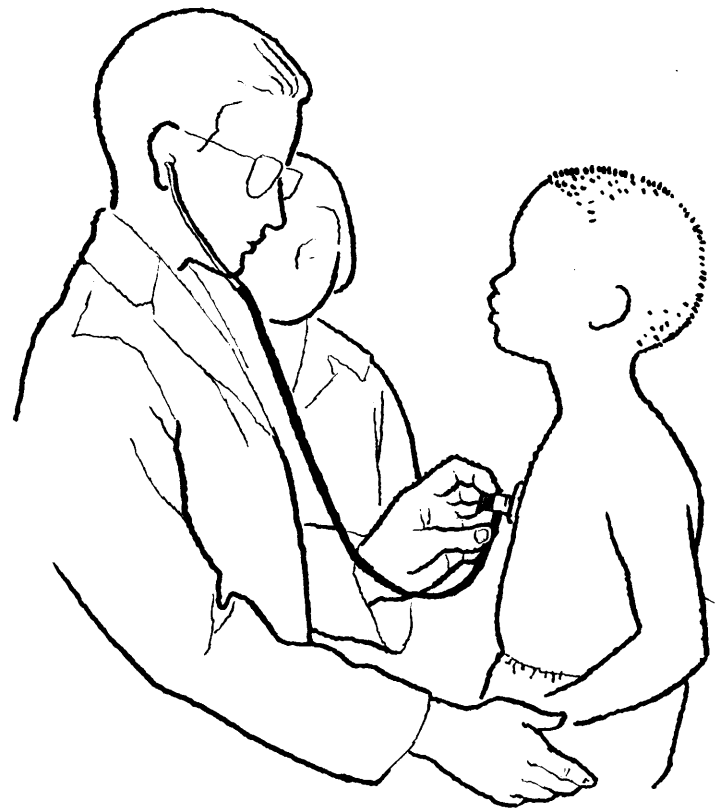
## He goes out more

Then he is apt to catch a sickness. But don't let that chance worry you. It's important to take him with you. Visit relatives, neighbors, the grocery store, the firehouse, the laundry, museums, parks, playgrounds, and other such places. They help him learn. Try to keep him away from sicknesses he can catch, such as colds, measles, mumps. And if he is sick, keep him away from other children.

## Talk about what you see

When your child goes out with you, talk with him about all that you see. From now on, you want to tell him as much as you can. That helps him when he starts school.



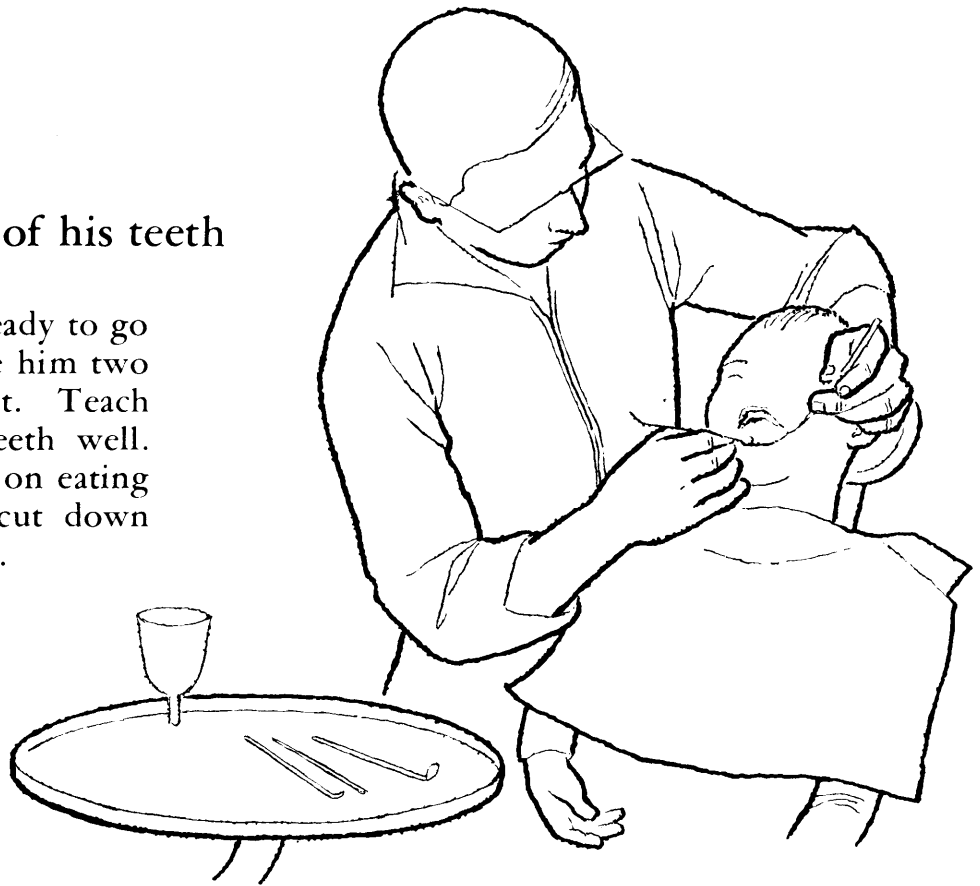


## Take him to his doctor

Don't wait till he's sick. The doctor will tell you how often he wants to see him. Teach him that the doctor helps keep him well. Talk with your doctor about ways to protect him from such sicknesses as polio, diphtheria, smallpox, whooping cough, lockjaw, and so on. Ask him to check his eyes and ears to find out if he sees and hears well.

## Take good care of his teeth

Now your child is ready to go to his dentist. Take him two times a year, at least. Teach him to brush his teeth well. Help him cut down on eating sweets. That will cut down on teeth decay (rot).



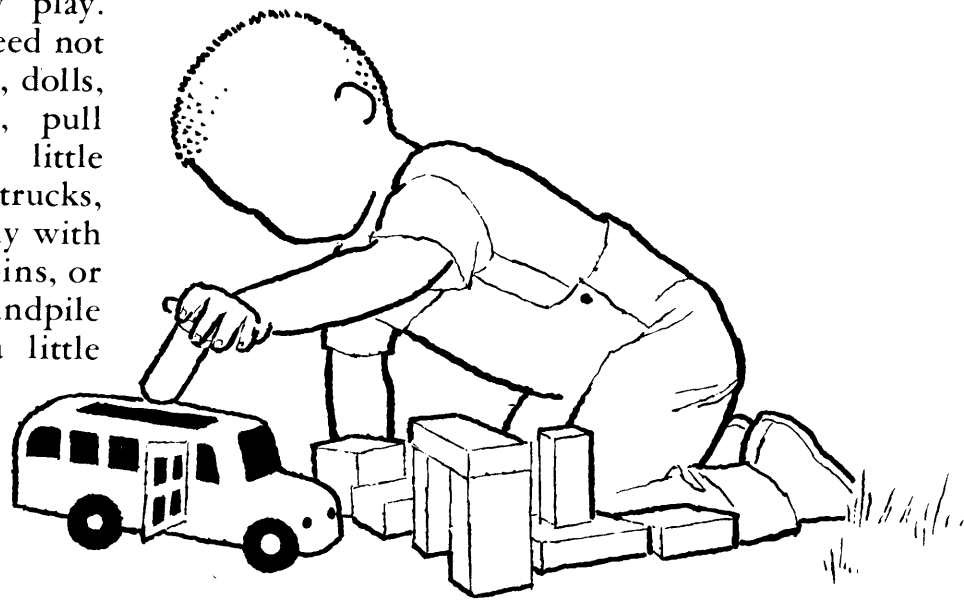


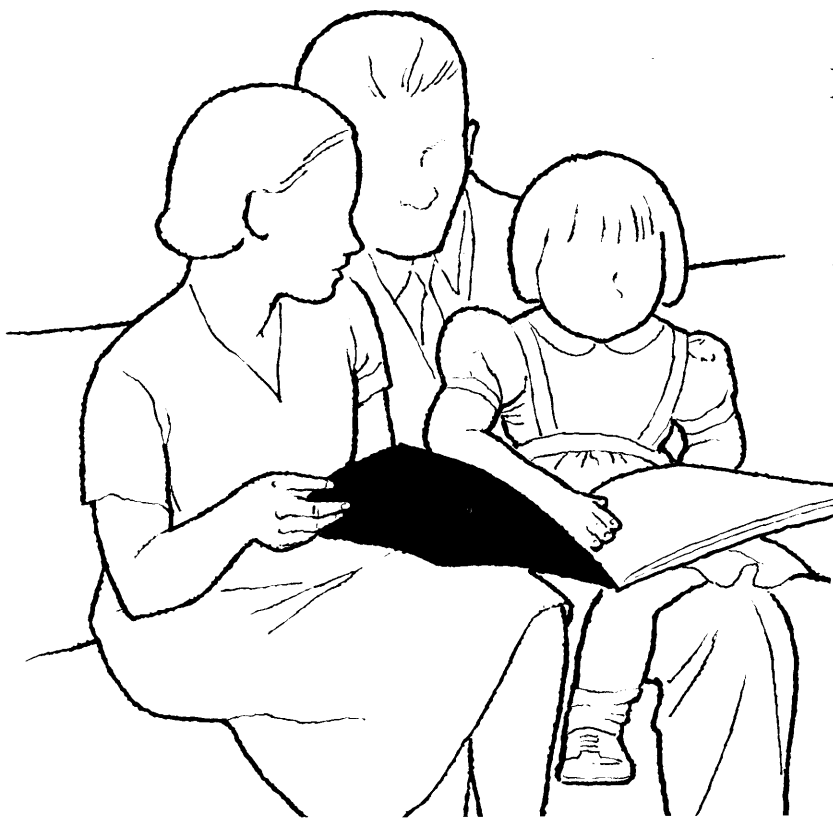
## Toilet training

He may wet himself. Don't scold or make fun of him. It's nothing. Just put on dry pants. When he stays dry all day, praise him. Get him clothes he can take off easily or open for toilet uses. Remind him from time to time to go to the toilet.

## Toys are more than fun

Your child learns by play. Get him toys. They need not cost much. Get blocks, dolls, balls, paints, puzzles, pull toys, sound makers, little dresses, wagons, dishes, trucks, trains. He'll like to play with kitchen pans, rolling pins, or such things. Fix a sandpile outside. Give him a little bucket and shovel.





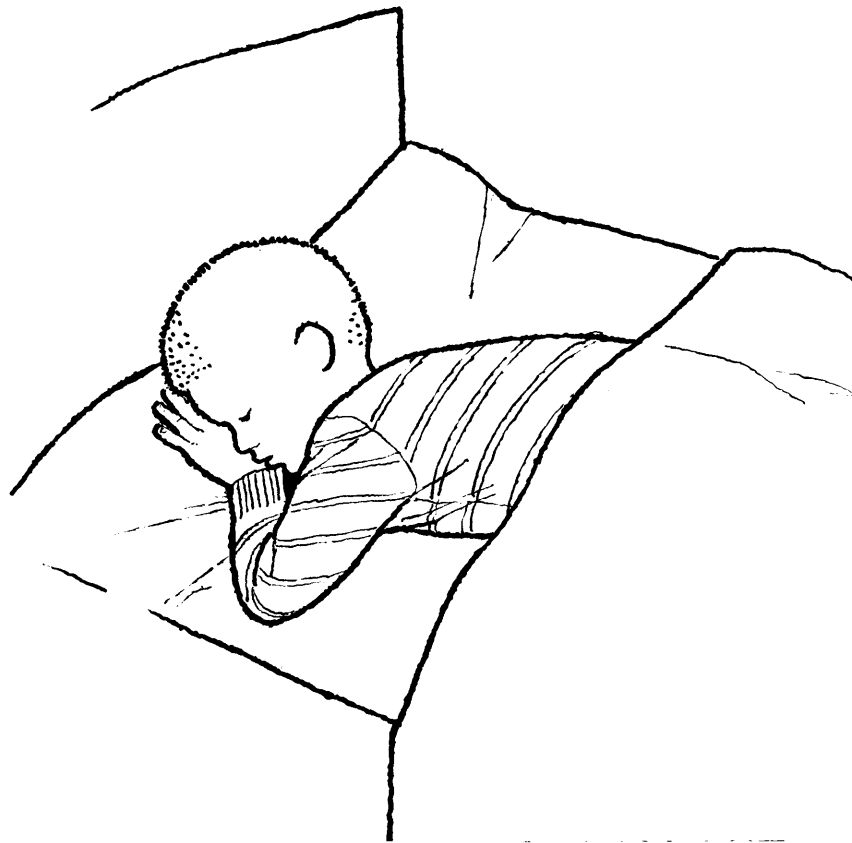
## Read to him

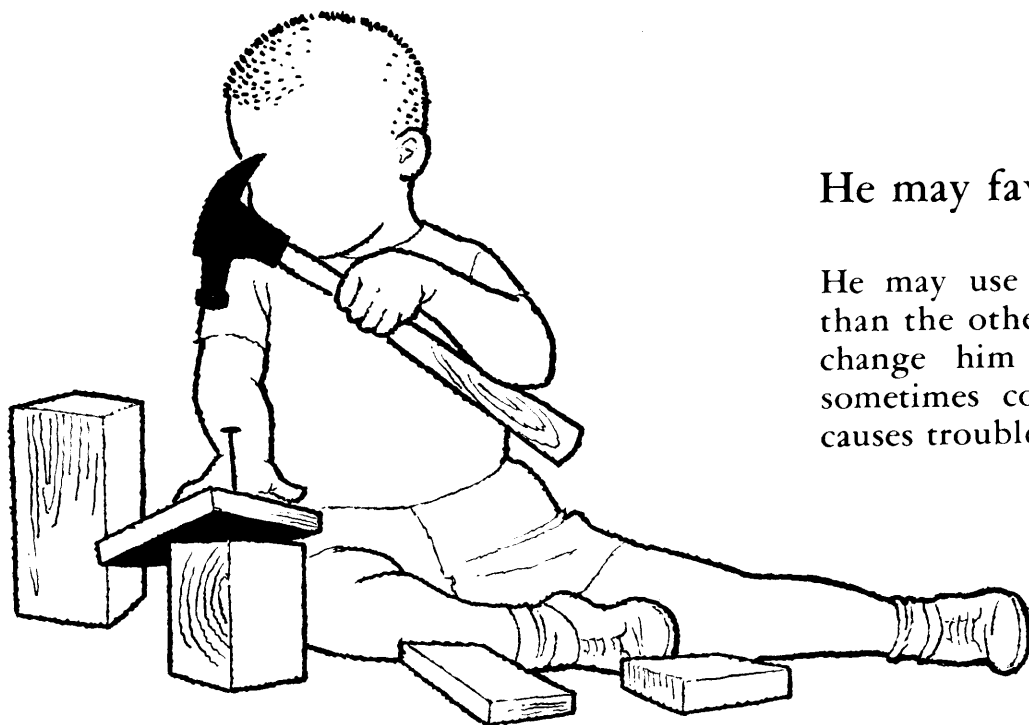
Read stories over and over. He'll like them. He'll like rhymes, too. He'll make up stories. He's not sure what's true and what's not. He's not telling a lie or fib. Don't make him think he is. Let him know it's just play. You can say it's fun. But tell him that you both know it's make believe. He may tell you about friends that he has made up in his mind. He may give himself another name. Most children do that.



## He may sleep less

Yet, he may need to sleep 12 to 14 hours at night and have a daytime nap, too. Set a time for him to sleep. Be sure he sleeps in his own bed.





He may favor one hand

He may use one hand more than the other. Don't try to change him in this. That sometimes confuses him and causes trouble.

## He tries out his body

He wants to find out about everything. He'll study each part of his body. He'll play with his ear, his toes, and his private parts. He'll touch all parts of his body. They are the same to him. All children do. It means nothing.





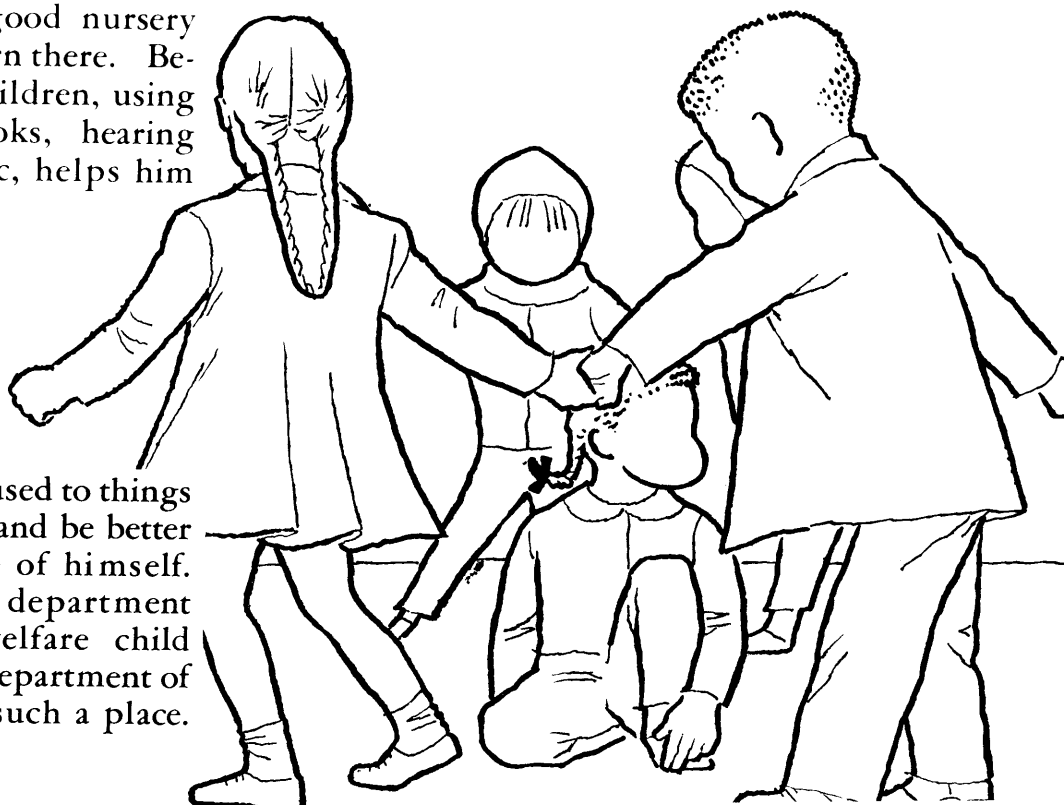
## A new baby upsets him

At times he may show he loves his new brother or sister. At others, he may seem to hate him. Don't leave them alone together. You, as his mother, need to tell him over and over that you love him as before. If you can, nurse, diaper, and bathe the new baby when the older child is asleep. You, as his father, can help by giving him more attention. You both can help him have a part in the care of his new sister or brother.

## Being away from home helps

Take him to a good nursery school. He'll learn there. Being with other children, using toys, paints, books, hearing stories and music, helps him

learn. He'll get used to things away from home and be better able to take care of himself. Ask your health department nurse, public welfare child worker, or State department of education about such a place.



## Serve the right kind of food

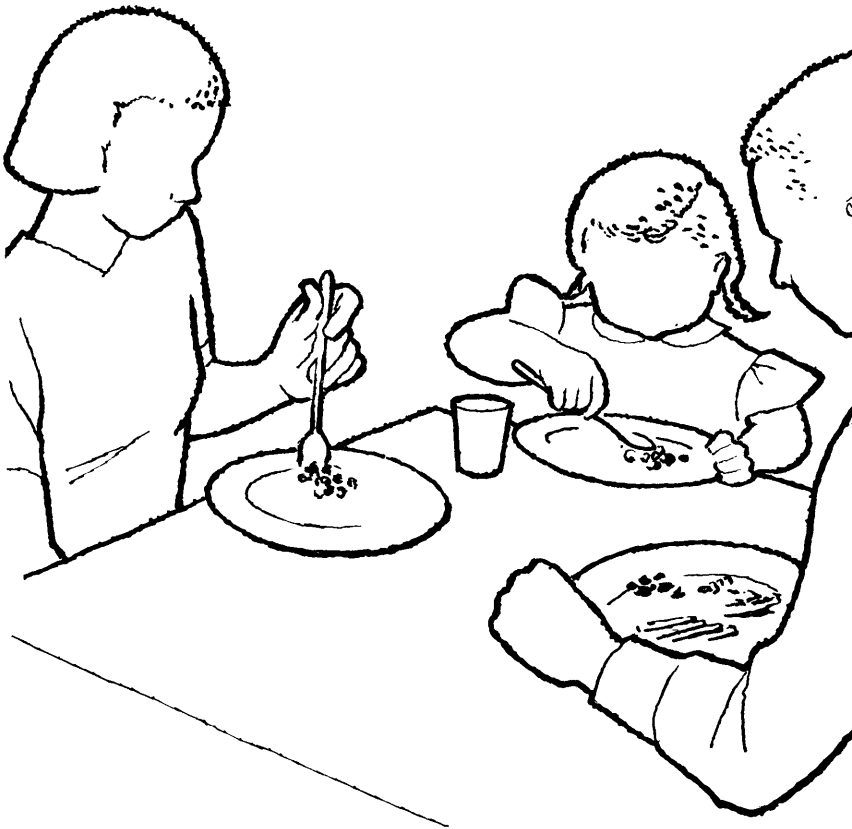


Just like children of other ages, the 3- to 4-year-old boy or girl needs the right food to be strong, healthy and have energy. He will be eating with the family. Make sure he gets what he needs. (Buy foods that are listed further on in this pamphlet.)

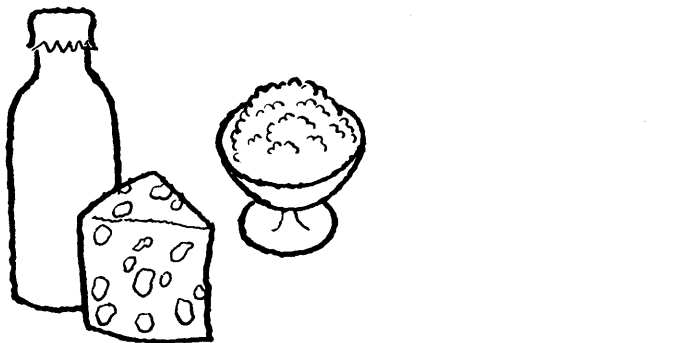
At this age your child may not eat as much as he used to or as much as other children. Don't worry. He'll eat what he needs. He may want small helpings. That usually means 2 or 3 tablespoons of solid food and  $\frac{1}{2}$  to 1 cup of liquid food.

## Make meal times happy

Your 3- to 4-year-old will eat with the family. Treat him as you do others. He may still not be able to handle a fork and spoon well. So serve him pieces he can pick up. He may want only one food for awhile. Or he may not want what you want him to eat. Take it easy. He'll change. Let him choose. He learns from you. Set a good example. In other words, if you don't like a certain food, keep it to yourself.



## Foods for your 3- to 4-year-old



**MILK**—2 to 3 cups a day. Drink or cook in dishes, soups, custards, puddings. Count yellow or cottage cheese for some.



**VEGETABLES and FRUIT**—4 or more helpings. A dark-green leafy vegetable such as spinach, or a deep yellow, such as carrots. Each day one helping of orange, grapefruit, or tomato.



**MEAT, FISH, POULTRY, EGGS**—1 or more helpings. Dry beans and peas or peanut butter may be used in place of meat.

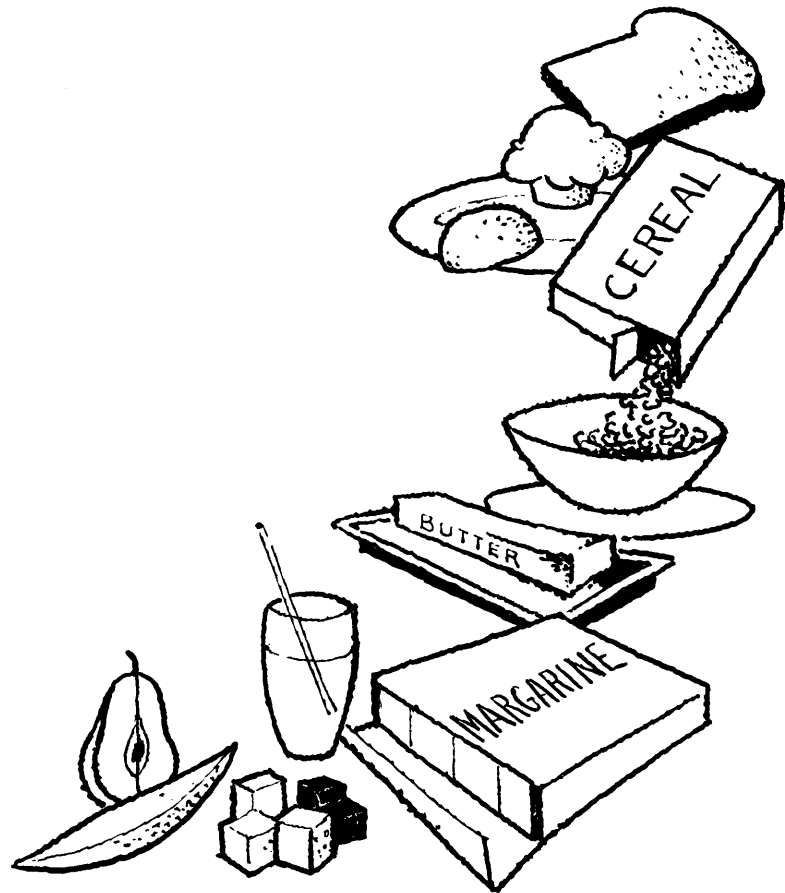


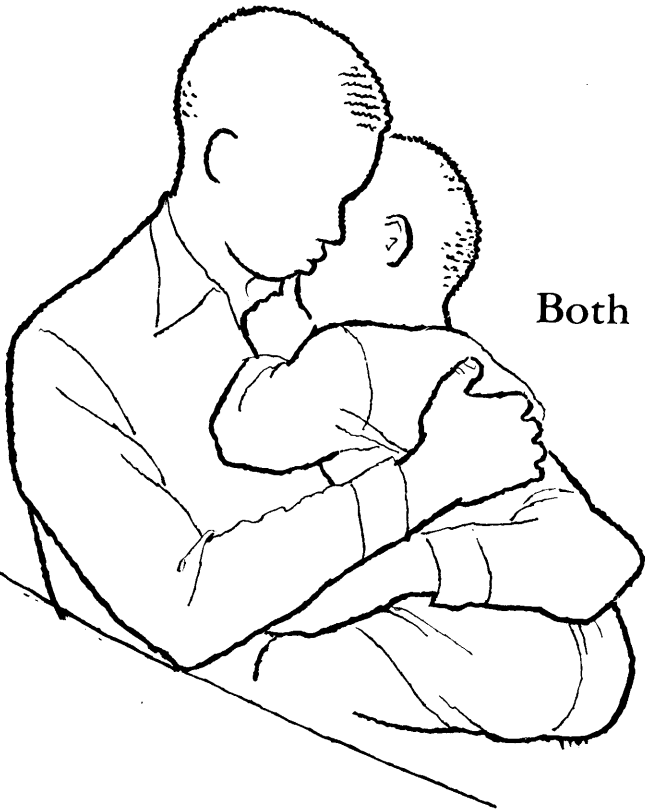
**BREAD and CEREALS—**  
whole grain, enriched. 4 or  
more helpings a day.

**BUTTER or MARGARINE—**  
Some each day. Spread on  
bread or use in cooking.

### What about snacks?

Some children do well on three  
meals a day. But at this age,  
many want one or two simple  
snacks also. Milk or fruit  
juice are better for him than  
fizzy drinks. Cubes of cheese,  
lean meat, or fruit are better  
than candy and other sweets.





Both of you tell him you love him

You can do no better for him. Each day hug him, or kiss him, or pat him. Let him know you love him a great deal. Talk to him. Ask him questions. Listen to his answers. This takes time. But it's worth it. It's well spent time. It helps your boy and girl grow up as you want them to.

## Family planning

Planning a family can make both mother and father happy. You won't be worrying about having the next baby until you are ready. There are many ways to do this. Your doctor can tell you about them. Pick the way that suits the two of you best.

**WHEN YOUR BABY IS ON THE WAY**—Children's Bureau Publication 391—a short, picture leaflet on the care of the mother before the baby is born. (15¢)

**YOUR BABY'S FIRST YEAR**—Children's Bureau Publication 400—first in the pictorial series on child care, describes the infant's needs for food, play, sleep and clothing. (15¢)

**YOUR CHILD FROM 1 to 3**—Children's Bureau Publication 413—second in the pictorial series on child care, covers the most important points parents need to consider as their child leaves babyhood and enters childhood. (20¢)

These publications can be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

U. S. GOVERNMENT PRINTING OFFICE : 1966 OF — 222-374

For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 - Price 25 cents

---

CHILDREN'S BUREAU publication number 446—1967

U.S. DEPARTMENT OF  
HEALTH, EDUCATION, AND WELFARE

WELFARE ADMINISTRATION

Children's Bureau