

Healthy media use for children △ △ △

Spending too much time watching videos and TV and playing computer games affects your child's health and development. There are things you can do to make sure your child uses electronic media in a healthy way.

1. Set screen time limits and stick to them.

The American Academy of Pediatrics recommends discouraging screen time (other than video-chatting) for children younger than 18 months. For children 2-5, try to limit screen time to 1 hour per day of high-quality programs.

2. Watch and listen with your child.

Talk with your child about what you are watching. Ask questions to help them think about what they see and learn.

3. Keep TVs and computers out of your child's bedroom.

Otherwise, it can affect their sleep, which is important for your child's health.



Go explore your local library!

Learning to read is important for your child. The library is an amazing resource for anyone and is a fun place to learn for preschoolers! Your local library likely offers activities for young children. At the library, your child can:

- Engage with books, group stories, other kids and even adults.
- Use their own library card to check out books, magazines, music, movies, tablets, and play kits to take home for free.
- Participate in free programs and activities scheduled at the library.

Find your local library at sos.wa.gov/library.

Questions or concerns? △ △ △

Every child grows at their own pace. However, loss of any language or social skill at any age is reason for concern.

If you have questions or concerns about your child's development, talk with their doctor or nurse.

You can also call:

HELP ME GROW WASHINGTON HOTLINE

- **CALL:** 1-800-322-2588 (711 TTY relay) for the name of a Family Resources Coordinator to help arrange a free developmental screening and other services, if needed.






Help Me Grow
WASHINGTON
Part of the *WishinReach* family

Call our hotline to speak to a Family Resource Navigator at **1-800-322-2588** or find resources and services near you at www.HelpMeGrowWA.org



Watch Me Grow Washington is a program of the Washington State Department of Health.

 Follow us on Facebook @WatchMeGrowWA

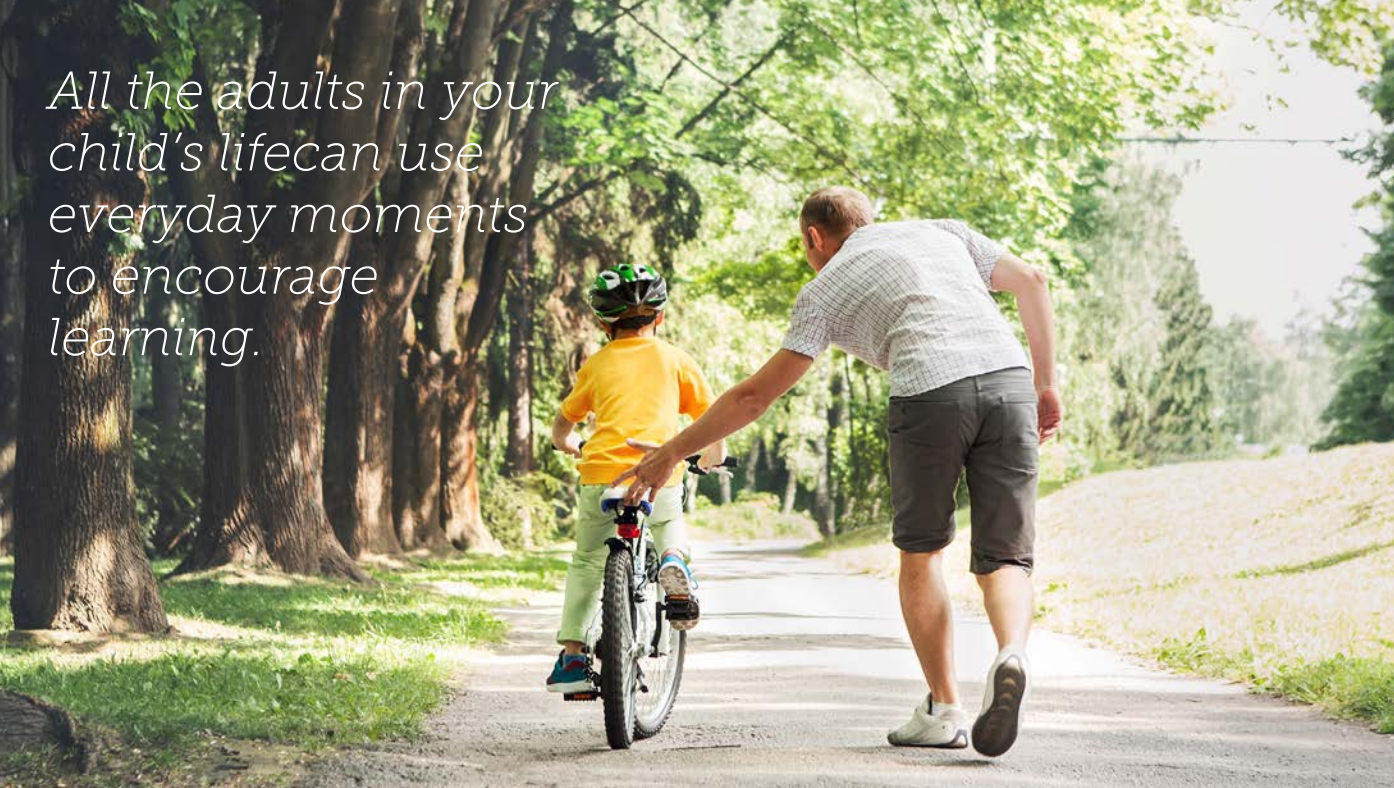
 Visit: www.watchmegrow.wa.org

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers needing assistance, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

WATCH AND HELP ME
Grow
3 TO 5 YEARS



All the adults in your child's life can use everyday moments to encourage learning.



Transitioning from car seats with a harness to booster seats △ △ △

Experts strongly suggested to use a 5-point harness as long as your child's car seat allows. Check the label of the care seat for weight and height.

When using a booster seat, remember:

- Children require use of a booster seat until they are 4 feet 9 inches tall.
- Booster seats help position a child's body so the lap and shoulder belts fit properly.
- Shoulder belts should cross over the center of the chest and shoulder.
- Lap belts fit low over the tops of thighs, but not over the stomach.

It's what's on the inside that counts!

Backseat is best! Did you know a child's hips and pelvis do not fully develop until puberty? Children under age 13 must ride in the backseat whenever possible. It's not about a child's size and weight. Their bone strength and body structure are not strong enough to withstand the force of a crash.

Helping kids thrive from 3 to 5! △ △ △

How children learn depends on both who they are and what they experience. What your child learns depends on the experiences the people in their life share with them.

Your child is developing in many different ways:

- Your child's body is growing and changing. They can do new things.
- Your child is learning to manage feelings and how to be social with other children and adults.
- Your child learns and experiences things in their own unique way.
- Your child learns by exploring the world around them.
- Your child is learning to communicate and express themselves.

Playing is good for my body and my brain!
It helps me learn and develop in different ways.



To find car seat inspection services near you:

wacarseats.com

For more information:

wtsc.wa.gov

ucsg.safekids.org



HELP ME LEARN AND **Grow** 3 TO 5 YEARS

You help me learn and grow through everyday things we do together. I learn in different ways and at different times. Everything I learn, do, and feel is connected.

Most children learn to do the things described here between ages 3 and 5.

PHYSICAL HEALTH

I grow and learn best when my body is healthy. Make sure I have a safe place to play both inside and outside.

I USE MY ARMS AND LEGS IN MANY WAYS.
Let me run around and jump over things.



I CAN MAKE THINGS WITH MY HANDS AND FINGERS.
Give me things, such as beads to string and clay to shape, but make sure I'm supervised.



MY SENSES WORK TOGETHER TO HELP ME MOVE.
Teach me games and activities that help me use my whole body.



I CAN HELP KEEP MYSELF SAFE.
Talk about safety rules and follow them with me.



SOCIAL & EMOTIONAL

I need people to love me and understand my feelings. Help me learn about emotions.

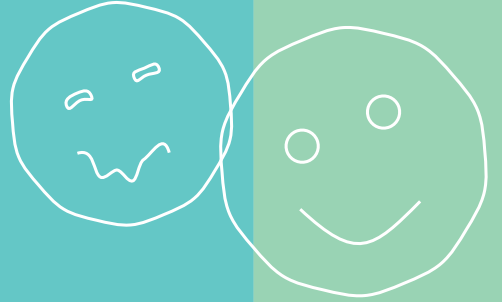
I AM PROUD OF WHAT I CAN DO.
Talk about the things I am learning to do and encourage me.



I WANT TO PLAY WITH OTHER CHILDREN.
Let me be with other kids and help me join in while they play.



I LEARN ABOUT OTHERS' FEELINGS.
When you comfort me when I am hurt or upset, I learn to do the same for others.

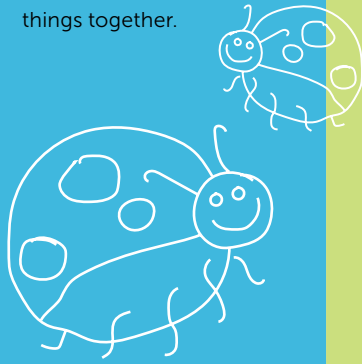


I CAN MANAGE MANY OF MY FEELINGS.
Help me name my emotions. Talk to me about your feelings and emotions.

I WANT TO LEARN

I am curious and want to learn about everything. Talk and play with me every day. Help me explore the world around me.

I'M CURIOUS AND WANT TO LEARN.
Answer my questions when we do things together.



I DECIDE WHAT I WANT TO PLAY WITH.
Make sure I have a lot to choose from when I play.



I KEEP TRYING.
Stay nearby and encourage me when I try something new.

I AM CREATIVE.
Make up songs and dance with me. Follow my lead.



THINGS I KNOW

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of "hands-on" experiences.

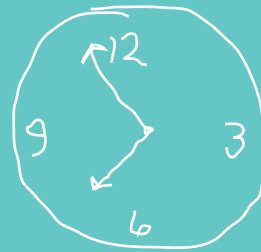
I USE WHAT I ALREADY KNOW TO LEARN NEW THINGS.
Tell me when something I'm learning to do is like something I can already do.



I UNDERSTAND NUMBERS BY COUNTING THINGS.
Show me how numbers are part of everyday activities.



I CAN TALK ABOUT THE PAST AND THE FUTURE.
Ask me what I did this morning or what I plan to do this weekend.



I EXPRESS MYSELF THROUGH ART AND MUSIC.
Make it easy for me to create things using paper, crayons, tape, and scissors.



LANGUAGE

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do during the day.

I AM ALWAYS LEARNING NEW WORDS.
Read to me every day. Ask me questions and answer mine.



I UNDERSTAND SIMPLE DIRECTIONS.
Play with me. I enjoy games with simple instructions I can follow.



I KNOW THAT WORDS ARE MADE FROM LETTERS.
Put my name on my things. Help me try to write it myself.



I CAN WRITE SOME LETTERS.
Help me label my drawings. We can make small books from them.

