








# A Child's Mind & Body

~Raising a 3 Year Old~

## ● What happens around this age?

At 3 years of age, children can control their body well, and are mentally & emotionally rich. They are also beginning to feel the urge to be self-reliant, understand the importance of rules through interactions with friends and other groups, and have learnt to protect and abide by these rules; they are taking their first step into societal life.

As an example, you will likely begin to see or experience many of the following:

<ul style="list-style-type: none"> <li>● They can run well, and can use things like scissors</li> </ul> 	<ul style="list-style-type: none"> <li>● They want to "do everything on their own", and don't like being helped by mum or dad.</li> </ul> 	<ul style="list-style-type: none"> <li>● Speech keeps improving, and they can converse well</li> </ul> 
<ul style="list-style-type: none"> <li>● They want to learn about everything, and keep asking "why"</li> </ul> 	<ul style="list-style-type: none"> <li>● They enjoy playing with friends, and can play while keeping to the rules and taking turns.</li> </ul> 	

## ● Recommended games to play



Slightly longer tales with a full story, or with main characters they can empathise with become favourites.

Freely creating and drawing can instill your child with the desire to express themselves.

Children will gradually become capable of vigorous activity, or activities that require full body balance.

Observing and selecting items improves their ability to acknowledge and classify what they see.

## Avoiding Accidents

At 3 years of age, there is a higher risk of accidents by the water and traffic-related accidents. Have a quick think about your daily life, and check to see if any of the things listed below need changing.

### ● Accidents by the water

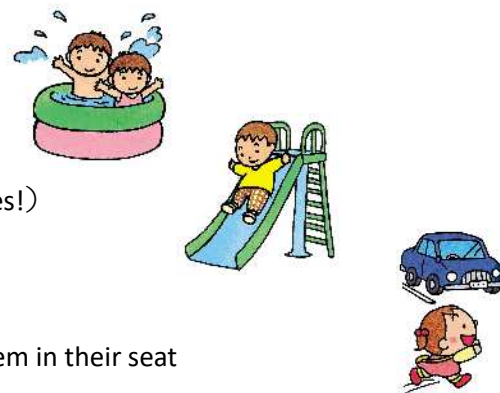
- Make sure there is always an adult nearby when playing in the water
- Keep an eye on children when playing by the water's edge

### ● Accidents near roadsides and playgrounds

- Teach them how to use playground equipment (Always be wary that they could fall over or fall down from high places!)
- Keep an eye on them as they play, and be on the lookout for danger

### ● Traffic Accidents

- Always hold their hand when walking near or on the road
- When using your car, don't move away from the car whilst leaving them in their seat
- Always use a child seat



## ● Protecting against cavities

At three years of age, our baby teeth (our first 20 teeth) will all come through. It is very easy for cavities to form on baby teeth. This is why we see the number of children with tooth cavities increasing.

Always keep in mind that mums and dads need to help out with brushing teeth at this age to keep teeth healthy and strong.

### ① How many children in Miyakonojo around 3 Years of age have cavities?

Miyazaki Prefecture has one of the highest rates of cavities around the nation. Let's make sure everyone in the family keeps brushing their teeth!

1 Year 6 Months Old Cavity Rate (%)

	2016	2017	2018
Nationally	1.47	1.3	1.2
Miyazaki Prefecture	1.7	1.2	1.4
Miyakonojo	2.19	1.2	2.7

3 Year Old Cavity Rate (%)

	2016	2017	2018
Nationally	15.8	14.4	13.2
Miyazaki Prefecture	21.8	20.0	18.9
Miyakonojo	22.8	24.8	22.9

### ② How can I protect my child from cavities?

Tooth cavities are the result of interactions between **tooth enamel**, **food** and **cavity-inducing bacteria** accumulating over time. There are ways to help prevent cavities relating to each of these. Let's do what we can to fight cavities!

#### Brushing your teeth

Make sure to brush their teeth after meals and before bed.

As young children may not be able to do a good job on their own, make sure an adult checks in and helps them out.

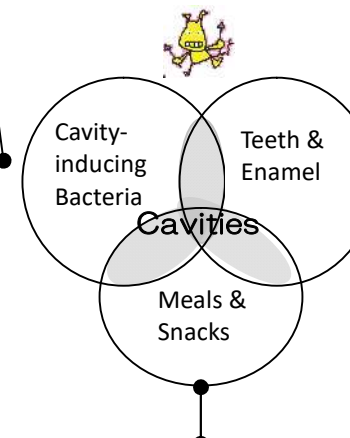
If your child doesn't like being helped out, work from the back teeth to the front. As the front teeth have a connection to the lips, many children dislike contact from a toothbrush there; gently using your finger on these teeth is enough.



#### Adding Fluorine

Fluorine helps make teeth stronger, remove cavity-inducing bacteria, and generally helps prevent cavities from forming.

Fluorine treatments, as well as fluorine-added toothpastes and mouthwash are commercially available.



#### A balanced diet and smarter snacks

- ① Make sure your child learns to chew well
- ② Avoid sweets where possible
- ③ Give snacks at a fixed time

After eating or drinking sweet food or drink, or when snacking throughout the day, cavity-inducing bacteria build over time, leading to an increased risk of cavities forming.

#### Key Points

- If you cannot brush teeth after a meal, drinking non-sweetened water or tea is also effective.
- Foods such as root crops (lotus root, burdock, carrot, etc.) and seafood often require more chewing.

## ● Daily Life and Habits

At 3 years of age, your child will want to do everything on their own, from going to the toilet to changing their clothes, brushing their teeth, washing their hands, and eating; just like all of the adults around them (with just a little bit of help here and there!)

It's important at this stage to build a "regular lifestyle rhythm throughout the home". From the time they wake until they go to bed, having a fixed time that everything happens will make going about your day easier.

♪Look for things you can do at home at a particular time of day♪

For Example:

- Carrying dishes after meals
- Putting their clothes in the basket
- Serving themselves food
- Hanging & drying your towels
- Getting themselves dressed in the morning
- Getting the newspaper
- Cleaning up toys when time is up
- etc.



**They will love being praised for helping out the family, so praise them often!**

## ● Meals & Snacks

~Making snacks the "Fourth Meal"~

### Things to remember when preparing meals...

#### Point 1: Remember to keep your seasoning mild

- In order to help develop their sense of taste, keep seasonings mild.
- Keeping seasoning mild will also help prevent lifestyle disorders in the future.

#### Point 2: Make use of healthy, in-season produce full of flavor and nutrients

- The flavours in such produce is strong enough to taste, even when mild.



### Things to remember when preparing snacks...

#### Point 1: Decide on when and how much

- Make sure to not snack slowly across the day. This leads to the increased formation of cavities.
- Make sure snacks don't impact on main meals.
- Make sure there are times when you don't eat. Always being full leads to a decreased appetite and under-eating.



#### Point 2: Consider snacks like a meal

- Snacks can be used as an opportunity to balance out carbohydrates, sugars, vitamins, minerals, and other forms of nutrition.
- Where possible, avoid snacks that are high in sugar or oil.

## ♪ Try it at home

### 『Potato Dango』

Ingredients: serves 5 people

3-4 Potatoes (~400g)

6 Tablespoons potato starch (60g)

#### Filling

2 Tablespoons Soy Sauce (36g)

4 Tablespoons Sugar (36g)

3 Tablespoons Water (45g)

1 + 1/3 teaspoons potato starch (4.5g)

Method:

① Peel potatoes, cut into bite-sized pieces, and boil. When soft, add to colander and drain, then return to pot and mash.

② Add potato starch and mix, knead well and form into 3cm balls.

③ Line along a baking tray or in your oven, and lightly cook until well golden or slightly charred.

④ Add to a small pot the **Filling**, mix while simmering, then use to coat ③

**Try making these dango together with your child!**

## ● Please check your Maternal & Child Health Handbook (母子手帳、Boshi Techō) for vaccination information.

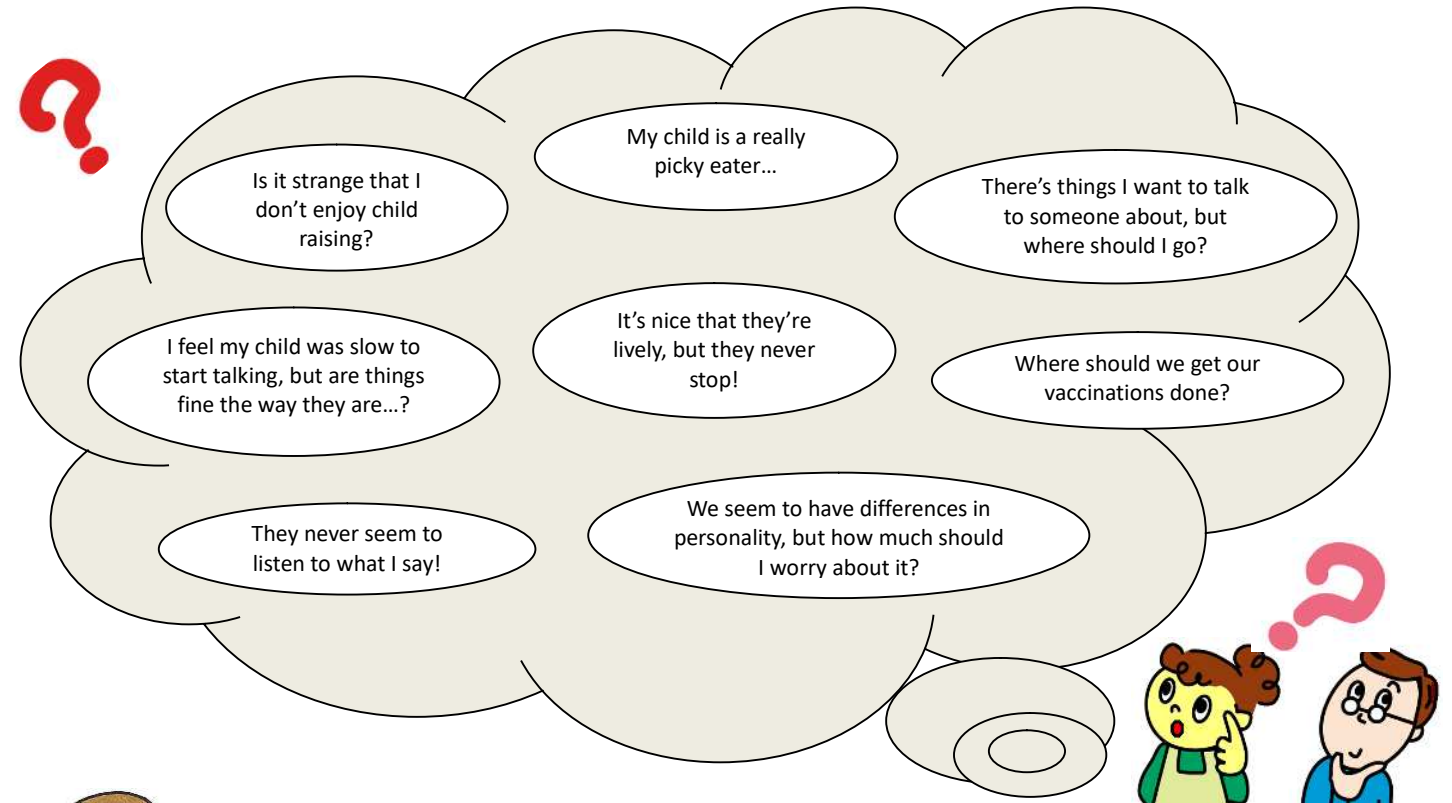


The most effective way to protect your child from communicable diseases is preventative vaccination.

Take a look at your Maternal & Child Health book, and if there are any vaccinations that you have yet to complete, please do so as soon as possible.

## Consultations for Concerned Parents

~Raising children through the helping hands of the community~



There are many things that you may be worried about as a parent. Should you ever be concerned, please feel free to come and talk to us. One of our public health nurses or nutritionists will be made available to you.

## Consultations Regarding Child Raising (Japanese Only)

Miyakonojo-shi Hoken Centre  
(City Centre, within Mallmall)

☎ 36-5661

Higashi-bu Hoken Centre  
(Takajō Hoken Centre)

☎ 58-6800

Nishi-bu Hoken Centre  
(Takazaki Fukushi Hoken Centre)

☎ 62-4411

**You can call or visit us anytime, whether you have an upcoming medical checkup or not.**

**Please don't hesitate to get in touch with us.**