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It is a common refraction between parents of small children that the terrible tws do not have anything to the three years. When they reach three years, we began to call them "Trenagers", a tip of the hat to their ever more displeased arrangement. But this word is neither close strong enough to portray what it is really like to have three years old in your home every day. They can not communicate so well as they would like and irritate them. They constantly try to do shit they can kill them and you prevent them from dying and that really annoys them. But I'm not here today to tell you how the three-year-olds are so ridiculously difficult. If you stopped one, you already know (and if you have not stopped one, you will think I'm exaggerating anyway). Instead, I am here to tell you that three years is not the worst of worse; In fact, it is the best. And now I will defend this position. They grow and develop so much that year the year between their third and fourth birthdays, children learn and cultivate a ton. Suddenly, they have hundreds of words in their vocabulary (instead of tens), they are talking in short sentences and are answering simple questions. They begin to name colors, they discover the difference between morning, late and night, they can even tell a little. They begin to help put in their own clothes, set up a tricycle and kick, play and get a ball. They can climb stairs with alternate feet! Honestly, the list of development milestones is quite impressive and with all this growth, it is not to admire that they have a little chip on his shoulder and then. You too, if your brainer was constantly learning new words and dominating new motor skills every day. It is exhausting to be three. We have written a lot about childbursgs over the years. And chances are, we will continue to scrutiny ... Read Morethreenagers prepare you for any other age of agessence has your ups and downs, your rewarding moments and your challenges. But none of them is three years old, who exists to prepare him and build his patience - for all subsequent ages. Of course, now that they are older, they are legally speaking back to you or they are not doing your homework or your eyes are constantly glued to the screen of your Smartphone. But, in fact, it is nothing compared to the time (s) (s) that you had to carry them from a restaurant / store / friend like a football as they shouted and debated for a reason the illogical or another. If you have successfully been through three years with only a normal amount of cries and parental funds, you are ready to face what most parenting can bring. This is the year that you will end by pine trees forat the risk of sounding like the old lady in the grocery store whose mission is to advise the young parents to Â € " taste - the youngest years because a € , ~ ~ "GrowÂ € o Very fast. "Always without not observing the disheveled appearance or frazzinha of the parents," I will say that. You go, one day, pine tree for three years. The three age is the last year they seem truly small. At the time they saw four, with their fully formed sentences, slightly more intact raciocanic skills and classes premier, they have lost so many of their children's qualities. As you earn distance from the tantrums and get to forget how difficult it was to go anywhere or do anything in a hubby time, what you stay with photos where they look like little and precious and viveos of all your adorable errors deprain. And although it seemed impossible on it's time, you want it just one more time, you could try the excited how excited they were to "help" bend the towels. Or how they wanted you to carry them everywhere, despite being totally able to walk. Or I tried so hard to put your jacket on account Will, one day, look like they grew very fast. Earth's smarter parents! Join our group of parents on Facebook. Getty Images Good news: Have fun and be happy are they are for your longevity. 1 of 31 They have good dental care your mother bothered you to brush your teeth for a good reason! Poor dental hygiene When you are young can lead to bacterial growth and eventually infections that can evolve into more serious health problems such as gum disease, according to the American Dental Association. 3 of 31 They returned back help others, but also help. Cleveland has discovered that acts of charity, such as philanthropic contributions or even a good good action can increase self-esteem, lower arterial pressure and help you live a longer and longer life happier. 4 of 31 They laugh that there is a good reason why people have the beloved phrase "is the best remedy. According to a study, laughing reduces cardiac diseases and stress, all of benefits of the immune system, leading to an immune system, leading to an immunological life system. Bring the laughter lines! 5 of 31 They worship openly infuse love, physical and emotional, in their daily life. The discoveries associate a strong marriage And healthy with a lower risk of disease and regular sex with a longer useful life. 6 of 31 They limit the debilitating stress of stress can give a serious number in their health. Studies show that the crisp gress to the cellular level and suppresses the immune system, creating more serious medical problems. Each body deals with stress differently, but we recommend meditation, a conscious exercise such as yoga, and a lifestyle well balanced to keep stress on check in check. 7 of 31 They Concentrate on the positive aspects of life according to a study, older people who reported being happy were 35% less prone to die during a 5-year period. Inez Pachter of Greenwood, Mississippi, always felt that his glass was not just half full, overflowed. "She lived 98 years gratifying," says her daughter Robbie Hollander. 8 of 31 They like to work Sadie Levine from the village of Westlake, California, worked in retail until she was 89, says her daughter-in-law, Irene Levine of Westchester, New York: "She swore to be in touch with co-workers and clients that half of her age kept her alert and protects her from the losses in her life. "Likewise, Eugenia Lollar Elliott de Rutherford, North Carolina, who lived up to 98 years old, did not get They attend school until she was a teenager, but I get quickly. She became a teacher, married a farmer, and canned every mood, pouring, raising and on the farm, says her daughter, Millie Sandman. 9 of 31 They use Homemade Rememas Gerdie Kleckley from West Columbia, South Carolina, had a spoonful of maçã, a sip of geritol, and a multi-vitamin each day. "My grandmother swore that she kept her vital in her 90s," says Neta Joni Watling from Minneapolis. 10 of 31 practice simple acts gratitude how to send a thank you email and enjoy nature can reduce arterial pressure and increase your immunological system. Daily practicing, such as keeping a daily gratitude can soften the effects of aging in the re-embran. 11 of 31 They use sunscreen FPS 30 or more specifically. "The appearance of burns Bubbles between 15 years and 20 increase the risk of malignant melanoma in 80 percent and other types of cans at 68 percent," says Deiphine Lee, MD, a dermatologist at the CA e NCR Institute John Wayne in Santa Monica, California. Be sure to reapply every two hours when you are outdoors. 12 of 31 They enter a modera "Age of 30 to 50 are the best time to change the path of how old age," says Sharon H. Bergquist, MD, Teacher Assistant Medicine in College Emory University of Medicine In Atlanta. 13 of 31 They believe that they are in control of your fate BergQuist says 80 percent of diseases are preventable e in other words, there is not much that you Control over the aging process. 14 of 31 They have a skincare regime lee advises to use a topical retinunoid therapy to prevent wrinkles and clarification creams to standardize your complexion. Use with modera and carefully, however, how they can cause irritation on the skin. Products do not need to be expensive: Kimberly Cetron of Fairfax, Virginia, Virginia, His Beatrice's grandmother swore by cold cream ponds, dove soap and daily naps. "Her skin was adorable to 90's death," says Kimberly. 15 of 31 They do not use a ton of makeup avoid heavy things - much can cake in wrinkles and draw attention to sanctions. 16 of 31 They do not oppose the Pharmaceutical Help Judith Kirkwood of Boca Raton, flucid, took a combination of testosterone, progesterone and estradiol composed of a medical specifically for it. "This led to a rebirth of my sex life, falling in love and marriage at 65," she says. 17 of 31 They receive a physical every year Get an annual physics, even if you feel good - small problems can lead to major problems later in life. "The prevention is easier than healing," says Barry Baumesl, M.D., Assistant Professor of Neurology at the University of Miami. 18 of 31 They take care of your heart crawling your arterial pressure is fundamental: "The high pressure during the 30s, 40 and 50s can lead to heart problems and re-embraced as Alzheimer's disease," says Baumesl. 19 of 31 They have social lives DRS. Baumesl and Bergquist agree that the conversation of the conversation keeps our emerges much more efficiently than solitary activities such as crosswords or reading. In fact, a 2010 study of 300,000 people by the National Institute of Saúde discovered that unrelated people had a 50% higher chance of premature death. 20 of 31 They play 21 of 31 31 video games eat a plant base diet ... Sometimes Dr. Bergquist, who writes about how foods that drive brain can reduce Alzheimer's risk in his blog, eat Healthy, the healthy age, recommends eating "a tall plant diet in walnuts, grains, fruits and vegetables and low in meat and attachment." Of course, not all nonagenary games by the rules: Irving H. Kaplan of Freeport, New Jersey, who was still writing jingles of advertising when he died at 99, enjoyed a daily diet of hot dogs, chips , butter and a milk quart, reports her daughter Fran Kaplan. 22 of 31 They exercise regularly working helps to build new paths in the re-embrane that create new ideas, but you do not have to be a triathlete to benefit: the daily walk works equally well. 23 of 33 They do not watch TV people watching TV for six or more hours a day shorten their lives for almost 5 years, according to an Australian study, which also encountered correlations suggesting that all TV time He watched after 25 years reduce the spectator's useful life in 21 minutes. 24 of 31 They do not smoke for some accounts, every cigarette that you smoke reduces your life for 11 minutes. 25 of 31 They never stop learning Joyce Lowenstein, 90, returned to the State University of the Georgia at the age of 87 to get a degree in the art history. It will graduate in 2017. 26 of 31 years old They sleep a priority person who sleep for less than six hours a night has a harder weight losing weight, has higher arterial pressure, and suffer from disease The cardiac more than those who sleep at least seven hours a night, says Bergquist. 27 of 31 are adventurous when Ruth and Robin Horvath of Atlanta were in his 60's, they took a three months task in Kabul, Afghanistan, to help create mastery plans for military and police bases. They stayed for 8 years. "The more we do, the more energy we have, and the more our creative juices are stimulated," says Robin. 28 of 31 They have Hobbies Margie Goldsmith from New York chose martial arts mixed at 65 years old, the blues harmonies at 67, and marriage in 68. "I am in the third act of my life," she says. 29 of 31 They have a sense of purpose that people who make significant contributions to the world have greater expectations of life. 30 of 31 They have a child's feeling of admiration "I of life with the same curiosity I had when child, and fight to keep it,"says Maxine Rock of Atlanta. Now, in his 70's, she and her husband, David, are earned cyclists who pedaled by the Netherlands, Switzerland, France and almost all major trails in the USUSUS

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