

# Your Child at 3 Years

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 3-year-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your child's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your child gets the support that they need to grow and thrive.



## Growth and Movement Milestones

- Starting to lose baby features
- Has full set of baby teeth
- Sleeps through the night without wetting bed
- Uses toilet with some help
- Dresses self with some help
- Puts on own shoes
- Feeds self
- Throws ball overhand
- Stacks 5-7 blocks
- Pedals a tricycle
- Jumps with both feet
- Climbs up and down small slide by self
- Holds crayon with 2 fingers and thumb
- Likes playing with playdough
- Enjoys water and sand play
- Attempts to catch a ball



## Cognitive and Language Milestones

- Asks who, what, where, why questions
- Understands "now", "soon", "later"
- Interested in same and different
- Can sort by shape, size, color
- Draws a circle and a square
- Recognizes everyday sounds
- Names common colors
- Touches and counts 2-3 objects
- 70% - 80% of speech is understandable
- Uses 3-5 word sentences
- Enjoys listening to stories - attention span is typically 8-12 minutes
- Retells simple stories
- Likes familiar stories without changes
- Repeats simple rhymes
- Enjoys singing and can carry a tune



## Social and Emotional Milestones

- Calms down within 10 minutes after you leave them somewhere
- Accepts suggestions and follows simple directions
- Seeks adult approval and attention
- Enjoys helping with simple tasks
- Can make choices between 2 things
- Enjoys being silly and making others laugh
- Likes to play alone or beside others
- Beginning to show interest in playing with others, but still does not share
- Likes to hear stories about self
- Enjoys pretend play like playing house, but not ready for complex pretend play



All for Kids Home Health



# Activities & Toys for Your 3-Year-Old

There are many ways to interact with a 3-year-old that will encourage development. Children in this age group are rapidly becoming curious and independent, yet they seek attention and approval from adults. This is an important time for social skill development, so interactive play is crucial. Here are a few activity and toy recommendations for this age group:



## Activities:

- Promote fine motor skill development by doing small tasks such as stringing beads, buttoning shirts/coats, and picking up small objects.
- Continue to encourage self-help skills such as dressing and brushing teeth.
- Be patient with toileting. While most children are mostly toilet trained at this age, accidents will still happen.
- Outside activities like throwing, catching, kicking, and climbing are great activities for gross motor skill development.
- Play counting games. Count everyday things like steps, body parts, food items, etc.
- Play color and shape games. Have your child find things such as, "Give me the GREEN apple", or "can you find a RED car?", or "your snack is in the SQUARE box".
- Promote thinking skills. Ask questions like "what do you think will happen next", or "what is happening in that picture?"
- Sing familiar songs like ABCs, Itsy Bitsy Spider, and Twinkle, Twinkle Little Star.
- Encourage play with other children to improve social skills.
- Help your child memorize their first and last name.
- Look at baby pictures and tells stories about "When you were a baby..."
- Imitate animal sounds and motions. Hiss like a snake, hop like a bunny, waddle like a duck, bark like a dog...etc.

## Toys:

- Books such as "If You Give a Mouse a Cookie", "Chicka Chicka Boom Boom", "The Very Hungry Caterpillar", "Is Your Momma a Llama"
- Sand tables or water tables.
- Large beads, blocks, balls, stacking cups, tricycle, dolls to dress with buttons and snaps
- Busy box with crayons, paper, coloring books