

## *Developmental Milestones*

### *Age 3*

#### **Language:**

- Understands most of what is said and 75% of speech is understandable
- Speaks in complete sentences of 3 to 5 words
- Follows simple directions

#### **Intellectual:**

- Matches pictures to objects
- Learns by doing and through the senses
- Understands concepts of 'now', 'soon', 'later'
- Begins to recognize cause-and-effect relationships

#### **Social-Emotional:**

- Enjoys helping with household tasks
- Begins to recognize own limits – asks for help
- Likes to play alone, but near other children
- Does not cooperate or share well
- Able to make choices between 2 things

#### **Motor:**

- Walks with an agile, almost-adult style
- Runs around obstacles
- Catches large balls and throws overhead
- Climbs ladders; uses slide independently
- Rides a tricycle
- Alternates feet when climbing stairs
- Assembles simple puzzles
- Manipulates clay; finger paints
- Copies simple shapes, such as a cross or circle
- Stacks blocks up to 9 high

## **Tips for Parenting 3 Year-Olds**

*No longer a toddler, your 3 year-old takes in knowledge about her/himself and the world around him/her.*

- Transitions are difficult at this age.
- Provide warning of changes so your child has time to shift gears.
- Rituals are important. Household routines and schedules give a sense of security.
- Point out colors and numbers in the course of everyday conversation.
- Encourage independent activity to build self-reliance.
- Provide lots of sensory experiences for learning and developing coordination.