

# Your Child at 3 Years



CHILD'S NAME \_\_\_\_\_

CHILD'S AGE \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

**Check the milestones your child has reached by his or her 3<sup>rd</sup> birthday.** Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next. If you have questions, call Help Me Grow at **888-510-1211** to speak to trained staff who can provide information and support.

## What Most Children Do at this Age:

(Check all the things your child does now)

### Social/ Emotional

- Takes turns in games
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- Dresses and undresses self

### Language/Communication

- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and gender
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

### Cognitive (learning, thinking, problem-solving)

- Plays make-believe with dolls, animals, and people
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Screws and unscrews jar lids or turns door handle

### Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

## Act Early If Your Child:

(Check all the things that are true for your child)

- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Doesn't speak in sentences
- Doesn't play pretend or make-believe
- Doesn't want to play with other child or with toys
- Doesn't make eye contact
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs.**

You can also call Help Me Grow at **888-510-1211**. Trained staff will listen to your concerns and help you get connected to resources for your child's development. You can also find local resources at [www.alamedakids.org](http://www.alamedakids.org).

Adapted from *Learn the Signs. Act Early*. Centers for Disease Control and Prevention, Department of Health and Human Services. 2014. [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly). Adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not substitute for a standardized, validated, developmental screening tool.

Learn the Signs. Act Early.