

THREE YEAR OLD

DEVELOPMENTAL MILESTONES



Social and Emotional Development

Your three year old will likely:

- Imitate/ copy friends and parents;
- Naturally show affection to friends and family who are familiar to them;
- Understand "mine" and "his" and "hers";
- Take turns when playing games/ cooperate with friends;
- Separates more easily from parents;
- Show concern for a crying sibling or friend;
- Expresses a wider range of emotions, like being angry, happy, sad, bored, frustrated;
- May possibly get upset with major changes in their routine;
- May begin to show problem-solving skills.



Physical Development

MOVEMENT MILESTONES

- Runs comfortably;
- Kicks, throws and catches a ball
- Can walk forward and backward easily;
- Can bend over without falling;
- Can stand or hop on one foot for up to 5 seconds;
- Can ride a tricycle (3-wheel bike);
- Can walk up and down the stairs with one foot per step.
- Can climb up and down comfortably;



HAND AND FINGER SKILLS

- More easily able to handle small objects and turn the pages of a book;
- Dress and undress him/herself without help;
- Is able to use age-appropriate scissors;
- Can turn rotating handles;
- Can screw and unscrew jar lids and open doors;
- Recognize and write some uppercase letters;
- Draw a stick person with 2-4 body parts;
- Copy squares and circles with crayons/ pencils;
- Build towers with six or more blocks.



Language and Communication

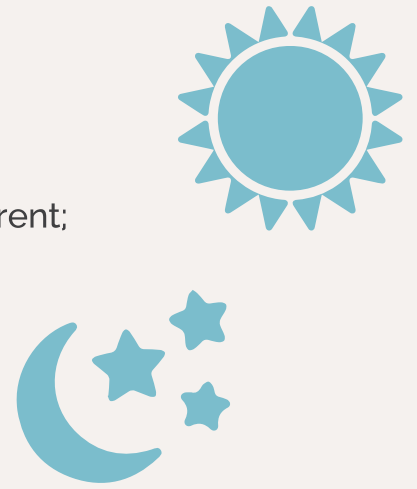
- Follows instructions with 2-3 steps;
- Can identify and name most familiar things;
- Answer simple questions;
- Speaks 250-500 words
- Can tell stories by age 4
- Understands "in," "on," "on top," "under" and similar words;
- Can say his/her first name, age and sex;
- Knows the names of friends;
- Says words like "me," "I," "we," and "you."
May also say some plurals, like dolls, dogs, cars, etc;
- Speaks well enough for strangers to understand him/her most of the time;
- Can carry a conversation using 2-3 sentences;
- By age 4, can speak in complete sentences.



Cognitive Development

Toward the end of the third year, most 3-year-olds are able to do the following:

- Can work with and plays with toys that have buttons, levers and moving parts;
- Plays pretend/ make-believe with animals, dolls and people;
- Plays with age-appropriate puzzles;
- Correctly name familiar colors;
- Follow three-part commands;
- Understands what "two" means;
- Understand the idea of what is the same and what is different;
- Understands time better, like morning, evening, night;
- Remembers parts of a story;
- Counts and understand the concept of counting;
- Sorts objects by shape and color;
- Identify common objects in pictures.



WHEN TO BE CONCERNED:

Your child may excel in some milestones and lag behind in others. This is natural - children develop at their own pace. According to the CDC, however, there are certain developmental delays that need to be discussed with your child's pediatrician.

Click the link to see when you should be concerned.

[CLICK HERE FOR A FREE PRINTABLE CHECKLIST](#)