



## YOUR CHILD'S DEVELOPMENTAL MILESTONES

Age: About 3 years

### Motor Skills

- Climbs well.
- Walks up and down stairs, alternating feet.
- Runs with ease.
- Pedals a tricycle.
- Kicks a ball.
- Feeds self.
- Opens doors.
- Washes and dries hands by self.
- Makes vertical, horizontal, and circular strokes with a pencil or crayon.
- Screws and unscrews lids, jars, nuts and bolts.
- Turns a page in a book one at a time.

### Cognitive Skills

- Attention span increases to about 3 minutes.
- Can remember what happened yesterday.
- Understands "now", "soon", and "later."
- Knows some numbers, but not necessarily in correct order.
- Completes puzzles with three or four pieces.
- Sorts objects by shape and color.
- Matches an object to a picture of that object.
- Laughs at silly ideas.
- Understands the concept of "one" and "two".
- Matches circles and squares.
- Understands physical relationships (on, under, over, in, out).

### Social Skills and Language

- Uses three-five word sentences.
- Asks questions.
- Plays spontaneously with other children in a small group.
- Recognizes and understands most common objects and pictures.
- Repeats simple rhymes.
- Asks to use the toilet most times.
- Enjoys being read to.
- Imitates housework or other chores.
- Assigns roles in pretend play (mommy, daddy).
- Uses pronouns (I, you, me, we, and they) and some plurals.
- Knows her first and last name.
- Knows whether he is a boy or girl.

### Red Flags

If by 3 years of age you have noticed any of the following signs, discuss them with your pediatrician or nurse practitioner. Although all children mature at different rates, failure to reach certain milestones *could* indicate a developmental problem requiring special attention

- Your child falls frequently and has difficulty going up and down stairs
- Your child's speech is unclear or he has persistent drooling
- Your child has much difficulty manipulating small objects
- Your child cannot understand simple instructions
- Your child shows little interest in other children
- Your child cannot build a tower of more than four blocks
- Your child cannot copy a circle