

## WAYS YOU CAN HELP YOUR CHILD

- Listen and respond when your child talks to you. (eg. nod, smile, answer questions)
- Talk about new places and experiences before you go, while you are there, and when you get home
- Expand on what your child says. For example, if your child says, "big dog" you say "big brown dog"
- Talk about how things are the same and how they are different
- Encourage your child to say new words
- Read longer stories and encourage your child to tell stories using books and pictures
- Give your child time for many different activities (eg. running and playing inside or outdoors, or sitting to do quiet activities alone or with other children)

## BY 3 YEARS YOUR CHILD SHOULD

- wash hands, but need help to dry
- eat well with a fork and spoon
- put on clothing but need help with buttons, zippers, snaps, etc
- start to be toilet trained during the day and generally dry during the night

### CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR IF:

... by 3 years your child:

- does not talk in short sentences (two or three words)
- walks only on toes
- often falls or has trouble with stairs
- gets frustrated trying to communicate
- does not speak clearly enough for you to understand him/her most of the time
- does not seem to hear
- can't scribble with a pencil/crayon

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CHILD DEVELOPMENT

## YOUR DEVELOPING CHILD

3 YEARS



By 3 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

## LEARNING TO MOVE

By 3 years, your child should:

- climb well
- walk up stairs alternating feet, and down stairs with two feet on a step
- run without falling or banging into things
- begin to use pedals on a tricycle
- stand on tip toes
- throw, catch and kick a ball

## SEEING & USING HANDS

By 3 years, your child should:

- cut with scissors
- consistently use one hand more than the other
- copy a circle
- build a tower of seven or more blocks

## HEARING, SPEECH & LANGUAGE

By 3 years, your child should:

- listen to stories and answer simple questions
- ask questions and use short sentences
- follow 2 to 3 directions, (e.g., "Get the ball and put it on the table")



- have conversations with family members or other familiar people



## LEARNING TO THINK & PLAY

By 3 years, your child should:

- enjoy make-believe play
- play with other children



- take turns in games and share with other children
- match two or three colors, and may name one color
- understand concept of one (quantity)
- tell if someone is a boy or a girl
- complete puzzles with three or four pieces
- understand concept of "mine" and "his/hers"
- show affection towards others