



DEVELOPMENTAL MILESTONES: 3-year-olds

The three-year-old stage is a new platform for learning as your child forges into the preschool age. New demands are placed on your young child as the toddler phase is left behind. It is important to monitor a child's progress in achieving new skills to detect any delays early. Enjoy this year as your three-year-old develops and conquers more and more in the areas of cognitive, fine motor, gross motor, language, self-care, and social/emotional skills.

Cognitive

- Matches letters and numbers
- Learns by doing and through the senses
- Begins to recognize limits and asks for help
- Counts from up to 10-20

Gross Motor

- Hops forward on one foot, then on other foot
- Runs and stops without falling
- Stands on tiptoes with hands overhead
- Tosses a small ball underhand 10 feet
- Walks backwards along a straight line

Self-care/Activities of Daily Living

- Buttons and unbuttons 1" buttons
- Puts on socks and shoes independently
- Enjoys helping with household tasks
- Dresses self with exception of fasteners
- Performs toileting independently
- Feeds self independently with fork but not with knife

Fine Motor

- Puts small pellets into a bottle quickly
- Holds marker with mature grasp
- Cuts paper into 2 pieces and across a line
- Laces string through at least 3 holes
- Draws a cross and copies a rectangle

Language

- Begins to recognize cause-and-effect relationships
- Matches pictures to objects
- Speaks in sentences of 3-5 words
- Understands simple concepts of time
- Speaks intelligibly majority of the time

Social/Emotional

- Does not cooperate or share well
- Able to make choose between 2 choices
- Begins to notice other people's moods and feelings
- Likes to play alone but near other children