

DEVELOPMENTAL MILESTONES 3 YEARS OLD

Cognitive and Sensory skills

- Follows instructions with 2-3 steps
- Plays make-believe with dolls, animals, and people
- Understands the concept of "two"
- Shows a sense of humor

Gross Motor skills

- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs with one foot on each stair

Fine Motor Skills

- Can work toys with buttons, levers, and moving parts
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds a tower with 6+ blocks
- Screws/unscrews jars and opens doors

Self-Care Skills

- Dresses and undresses self
- Uses toilet with assistance
- Daytime control over bladder
- Unbuttons large buttons
- Uses a napkin to wipe face and hands
- Feeds self simple meals using utensils

Language skills

- Names most familiar things
- Understands prepositions
- Says first name, age, and gender
- Names a friend
- Uses pronouns in speech and some plurals
- Articulates clearly
- Has 2-3 sentence conversations

Social-Emotional skills

- Copies adults and friends
- Shows affection for friends
- Takes turns in games
- Shows concern for crying friends
- Understands concept of "mine" and "yours"
- Shows a wide range of emotion

Red Flags

- Doesn't follow simple instructions
- Doesn't walk up and down stairs holding on
- Doesn't show interest in playing with peers
- Doesn't know names of familiar people
- Doesn't show interest in imitating tool use
- Doesn't begin to show preference for a dominant hand
- Doesn't distinguish between edible/inedible