



Seasons Counseling Center

Age-Appropriate Behavior Ages 3-5

Understanding Normal Development at This Stage

Emotional Fluctuation

Big feelings like frustration, sadness, excitement, and fear are normal.

Developing Social Skills

Interest in friends grows but sharing and turn-taking are still developing.

Imaginary Play

Pretend play and make believe are important for growth and creativity.

Testing Limits


Exploring "rules" and boundaries is common as kids learn cause and effect.

Learning Independence

Self-help skills like dressing and wanting to do things on their own increase.

Understanding these behaviors can help you support your child's development.

 Call: (573) 327-9841

 <https://seasoncc.com/>