

3 Years

Guide to Developmental Milestones



Social Emotional Development/Behavior

- Language is increasingly important in regulation of interactions—able to express wants and needs more effectively
- Tolerates frustrations, adapting behavior to context
- Learns self-control
- Becomes frustrated by changes in routine
- Play may reflect child's emotional experiences
- Enjoys imaginative and imitative play
- May show fear of unfamiliar objects or activities
- Has attention span of no more than a few minutes
- Increases social interactions
- Very reliant on adults for approval
- Increased ability to think symbolically (toy car symbolizes real car)



Gross Motor Skills

- Stands on one foot for 5 seconds
- Pedals a tricycle 10 feet
- Climbs up/down stairs without support, placing one foot on each step
- Begins to skip
- Jumps forward with feet together 26-30 inches
- Throws a small ball underhand and overhand, and hits a target 5 feet away
- Hops on one foot 6 inches
- Walks backwards on a straight line
- Hops 8 consecutive times on each foot
- Jumps over obstacles up to 12 inches high leading with one foot
- Runs quickly



Fine Motor Skills

- Uses crayons with somewhat more control
- Holds crayon with adult like grasp (tripod)
- Stacks 9 blocks more or less
- Colors within lines for large objects
- Draws a face
- Begins to cut with scissors
- Strings small beads

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Self-help

- Dresses (self-assistance may be needed for orienting front/back)
- Adjusts clothing to use toilet with assistance
- Unbuttons large buttons
- Buttons large/medium buttons
- Wipes nose with verbal directions
- Uses brushing motion with toothbrush
- Seats self on the toilet and anticipates immediate toilet needs
- Puts shoes on (may be on wrong feet)
- Puts on socks (may have heel on top)



Sensory

- Shows an interest in a variety of playground equipment
- Explores new movement activities
- Emergence of awareness of safety when near others



Speech, Language and Hearing

- 75% intelligible to a stranger
- Emerging consonants include: p, b, t, d, m, n, w, h, k and g
- Uses sentences of 3-4 words
- Uses nearly 1,000 words
- Asks “what” questions frequently
- Can sing songs
- Practices new words by talking to self
- Follows 2-3 step commands
- Knows his or her name, gender, and street name, and several nursery rhymes



Oral Motor and Feeding

- Feeding skills should resemble an adult's



All children develop at their own pace, but you can use this guide to help you know what to look for along the way. If you have any questions or concerns regarding your infant's/child's development, please contact **Milestones For Kids' Success** at **630.792.1800** for a FREE developmental screening.

Disclaimer: This content was created by Milestones For Kids' Success and represents research available as of 10/2007. The information is intended to inform and educate. It is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

