

PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Age 3

fyi.uwex.edu/parentingthepreschooler/

Tips for Supporting Development

- ◆ Let your child help you with small chores, like putting clean socks in a drawer or stirring pancake batter.
- ◆ Offer toys, like small balls and beads to string on a shoe lace, to build fine motor skills (finger use).
- ◆ Keep reading to your child. Reading the same book over again helps your child learn.
- ◆ Give your child a few simple choices, such as what to wear or what to eat for a snack.
- Provide clear, consistent rules.
- ◆ Provide options when you say “no” such as offering coloring or reading instead of active play near bedtime.
- ◆ Urge your child to play with other children, take turns, and share.
- ◆ Be patient with toilet training. Treat accidents calmly and simply.
- ◆ Talk often with your child. Ask questions and listen.



Photograph by Christa Thao



Photograph by Paula Cartwright

Benefits of Play: Play helps children’s brains develop. They learn how things fit together, how items compare, and how to discover patterns. Play helps them learn to connect with others, settle conflict, develop compassion, caring, and learn patience. It helps them make sense of their world.



Photograph by Christa Thao

Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

Developmental Milestones

At age 3, watch for your child's ability to:

- Dress and undress himself
- Go up and down stairs holding a railing
- Use children's scissors
- Draw a person with 2-4 body parts
- Follow 2-3 steps of instructions
- Play make-believe with toys, pets, and people
- Say first name, age, and sex
- Name a friend
- Understand the idea of his, hers, and mine
- Speak in 5-6 word sentences
- Show interest in new things
- Be able to name some colors
- Copy adults and friends

What is developmental screening?

Developmental screening can help you determine if your child is developing on track for his or her age. It's a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child's doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child's age at: <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It's great hands-on parenting!

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



[Link To References](#)

For more information, please contact your county UW-Extension office:

UW-Extension Washington County
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<http://washington.uwex.edu>

Family Living menu - Parenting and Child Care

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