

YOUR THREE YEAR OLD



Now and in the next few months, your child will:

- ♥ Answer simple questions
- ♥ Increasingly use "we" and "yes"
- ♥ Use a spoon well
- ♥ Draw a circle and make a recognizable drawing of a tadpole type person with head and legs
- ♥ Name 5 or 6 body parts
- ♥ Unscrew lids (Check medicine and other bottles)
- ♥ Play adult by imitating your words and dressing up
- ♥ Dress and undress herself (not necessarily what you would pick)
- ♥ Increase language skills that enable him to express his frustration in words
- ♥ Catch a ball awkwardly with arms extended stiffly
- ♥ Be able to share and take turns more easily
- ♥ Enjoy playing alone
- ♥ Help with simple chores



TOYS OF INTEREST

- ♥ Toys to assemble
- ♥ Puzzles (like a ball in a box)
- ♥ Tricycle and other pedal toys
- ♥ Blocks, large and small
- ♥ Puppets
- ♥ Water play materials (cups, hoses, tubes)

Your Three Year Old

is at one of the toughest phases for you and for him.

For his entire life, your role with him has been special and intense.

Now his emotional interests include playmates, preschool, and the world.

But the shift is critical for him to develop independence and maturity.

Mark Rubenstein, M.D., *The Growing Years*

PARENTING HINTS

- ♥ Enjoy his newly developing and creative humor.
- ♥ Your child will make great progress in speed, strength and coordination at this time.
- ♥ Don't let your child win bedtime battles. If you feel you are giving in on this or other issues, talk to others or read a book on how to solve the problem. Figure out a solution that you can live with and then follow through.
- ♥ Your child's attention span can be improved. It is a skill she needs to succeed in school and many areas of life. Focus on specific tasks for 30 seconds then slowly go for longer times up to 2 minutes. Start where she can succeed.
- ♥ Teach your child to wash his hands. This is the best single way to decrease illness. Make it fun.
- ♥ Good eating habits are a gift to your child. Learn more about nutritious eating because this will help her reach her maximum potential physically and mentally.
- ♥ Research shows that dependent children who are not ignored grow out of their dependency. But research also shows that overly protective parents prevent children from becoming self-reliant. Balance in life is crucial.



We believe parents have a great responsibility as their child's first and most important teacher.



FIRST TEACHER DEVELOPMENTAL CARDS

This is an adventurous period for your child.

She no longer needs the protection of routines as she becomes more secure.

Friends are becoming important, her physical abilities keep expanding, and her vocabulary is exploding. But still she needs and looks to you.

When children are secure in their home and with their parents, they can then become independent.

