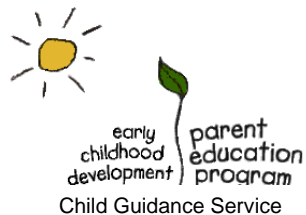


## To help your child learn

- Let your child help with household activities as much as possible. He needs to show he is capable and is able to contribute by participating in family activities.
- Give your child the opportunity to paint, color, paste, draw, and practice cutting with blunt scissors. Display his work on the refrigerator.
- Talk with and listen to your child. Discuss topics he introduces or asks questions about. Talk about his interests and experiences.
- Glue photos of your child on a piece of paper or in a scrapbook. Ask him to tell you what is happening in the pictures. Write what he says under the pictures.
- Arrange for play with other children, individually or in small groups for a few hours each week. Large groups may overwhelm young children. Select child care or preschool with this in mind.
- Make a refrigerator, stove, and cabinet from old boxes or crates for "playing house." Provide old clothes, shoes, hats, jewelry and other items for imaginary play.
- Make an obstacle course in the yard using tires, boxes, logs, etc. Inside use chairs, boxes, foot stools, etc.
- Provide opportunities for water play. Supply bath toys for bath time. Supervise your child at all times.

For more information contact your county health department.



"Your Child at 3 Years" is issued by the Oklahoma State Department of Health, as authorized by James M. Crutcher, M.D., M.P.H., Commissioner. 5,000 copies were printed by the Oklahoma State Department of Health in September, 2005 at a cost of \$.04 each. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.



## Your child at 3 years

This year marks the end of baby/toddlerhood and the beginning of early childhood. Your child is more independent, and has a better understanding of himself. He can make simple choices, likes to please adults, may be easily excited, and has mastered the basics of speech and language. He is beginning to play with other children, and although he will be jealous, he is beginning to be able to share and take turns.

Most importantly, your child has absorbed the customs and values that you have demonstrated.





# What is it like to be 3 years old?

## How I grow

- I enjoy fast moving activities--running, jumping, climbing, and tumbling. I am a bit of an acrobat.
- I can hop on one foot.
- I am gaining control of finger-hand activities.
- I may be able to follow a cutting line with blunt scissors.
- I like to draw and copy shapes with crayons.
- I can throw a large ball and kick it with some accuracy.

## How I talk and understand

- I am very talkative, even if no one is listening.
- I can use words to express my fears and insecurities by telling others "don't look," "don't laugh," or "don't talk." I love stories and books, but don't like it if you skip or change a word in my favorite books.
- I may stumble and stutter when trying to express myself. My speech is immature. Be patient and don't correct me or try to speed me up or slow me down.
- I can talk about things in the past or future, and not just in the present.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described

## How I get along with others

- I like to be with other children and adults, and can share and take turns, most of the time.
- I may be afraid of people with unusual or dramatic appearances, like a beard, crutches, or strange clothing.
- I may have an imaginary friend. Use him to set good examples for me.
- I like to be "the boss" and will respond better to positive suggestions rather than demands.
- I can "bargain" and will do something for a good reason.

## What I have learned

- I experience more tension as I become more independent and may start nail biting, stuttering, thumb sucking, nose picking, rubbing genitals, spitting and whining. Instead of trying to get me to quit these behaviors, help me reduce tension.
- I can tell you my full name, sex, and age if you ask.
- I can make simple choices.
- I can name at least one color and may recognize 3 colors.
- I am developing a sense of time: tomorrow, today, yesterday.
- I am often afraid, especially of animals, bugs, darkness, lightning, and broken things. Please take my fears seriously and comfort me.

## What I can do for myself

- I may dress myself with little or no supervision.
- I may control daytime toilet routines, but wet at night.

