

## I am 3 years old

### **My development - *Learn the Signs. Act Early.***

(what most children do at this age)

#### **Social/Emotional Milestones**

- Calms down within 10 minutes after you leave them, like at a childcare drop off
- Notices other children and joins them to play

#### **Language/Communication Milestones**

- Talks with you in conversation using at least two back-and-forth exchanges
- Asks “who,” “what,” “where,” or “why” questions, like “Where is mummy/daddy?”
- Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”
- Says first name, when asked
- Talks well enough for others to understand, most of the time

#### **Cognitive Milestones (learning, thinking, problem-solving)**

- Draws a circle when you show them how
- Avoids touching hot objects, like a stove, when you warn them

#### **Movement/Physical Development Milestones**

- Strings items together, like large beads or macaroni
- Puts on some clothes by themselves, like loose pants or a jacket
- Uses a fork

# My personal health record

## **Act Early** by talking to your child's doctor or child and family health nurse if your child:

- falls down a lot or has trouble with stairs
- drools or has very unclear speech
- can't work simple toys (such as peg boards, simple puzzles, turning handles)
- doesn't speak in sentences
- doesn't understand simple instructions
- doesn't play pretend or make-believe
- doesn't want to play with other children or with toys
- doesn't make eye contact
- loses skills they/them once had.

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For more ideas on spending time with me go to *Love, talk, sing, read, play* [www.lovetalksingreadplay.com.au](http://www.lovetalksingreadplay.com.au). A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early*. Program ([www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly); February 2022).

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For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

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