

# Your Three-Year-Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at age 3.**

## Physical growth:

- Children are starting to look a little less like babies! (Learn about height and weight milestones at [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts))
- Bellies are usually less round.
- Heads and legs are more in proportion with their bodies.
- Have a full set of baby teeth.

## Thinking and reasoning:

- Can draw a circle when you show them how.
- Avoid touching hot objects, like a stove, when you warn them.

## Emotional and social skills:

- Calm down within 10 minutes when you leave them (such as at day care).
- Notice other children and join them to play.

## Language and communication:

- Use at least two back-and-forth exchanges in conversation.
- Ask "who," "what," "where," and "why" questions, like "Where is Mommy?"
- Say what is happening in a book or picture when asked.
- Say their first name when asked.
- Are easier to understand when they talk.

## Movement and physical development:

- String together items, like large beads.
- Put some clothes on by themselves.
- Use a fork to eat.



Meet a 3-year-old  
monster Muppet!