

# 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)
- 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:**

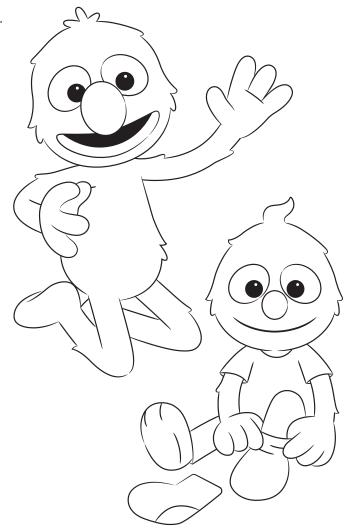
- Calm down within 10 minutes when you leave them (such as at day care).
- Notice other children and join them to play.

## 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!