

JOHN CROCKETT, M.D.
FAMILY PRACTICE AND OB/GYN

2485 HIGH SCHOOL AVENUE, SUITE 303
CONCORD, CA 94520

TEL. (925) 676-1107
FAX (925) 682-0136

3 years

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. Please call us anytime with your concerns, or use our patient portal to contact us online. This is a guideline for developmental milestones for your child. Remember, children develop at different rates, and this is only a guideline.

Physical and motor milestones for a typical 3-year-old may include:

- Gains about 4 - 5 pounds; Grows about 2 - 3 inches
- Has improved balance (can briefly balance on one foot)
- Has improved vision (20/30)
- Has all 20 primary teeth
- Needs 11 - 13 hours of sleep a day
- May have daytime bowel and bladder control (may have nighttime control as well)
- May walk up the stairs with alternating feet (without holding the rail)
- Can construct a block tower of more than nine cubes; Can easily place objects in a small opening
- Can copy a circle; can pedal a tricycle

Sensory, cognitive, and social milestones include:

- Has a vocabulary of many hundreds of words (nearly all speech should be understandable)
- Composes sentences of three to four words; Uses plurals and pronouns (he/she)
- Counts three objects; Has longer attention span; Frequently asks questions
- Can dress self, only requiring assistance with laces, buttons, and other fasteners
- Feeds self without difficulty
- Acts out social encounters through play activities
- Has some decrease in separation anxiety for short periods of time
- Fears imaginary things
- Knows own name, age, and gender (boy/girl)
- Has some cooperative play (building tower of blocks together); Starts to share

Temper tantrums are common at this age. Children who have tantrums that regularly last for more than 15 minutes or that occur more than three times a day should be seen by a health care provider.

Recommendations for parents regarding appropriate play at this age:

- Provide a safe play environment and constant supervision.
- Provide the necessary space for physical activity.
- Help your child participate in -- and learn the rules of -- sporting activities.
- Monitor both the time and content of television viewing.
- Encourage your child to help with small household chores, such as picking up toys.
- Encourage play with other children to help develop social skills.
- Encourage creative play; Read together; Visit local areas of interest
- Encourage your child to learn by answering questions.
- Provide activities related to your child's particular interests.
- Encourage your child to use words to express feelings (rather than acting out).

Please see the following website for a schedule of suggested vaccines:

<http://www.cdc.gov/vaccines/spec-grps/infants/downloads/parent-ver-sch-0-6yrs.pdf>