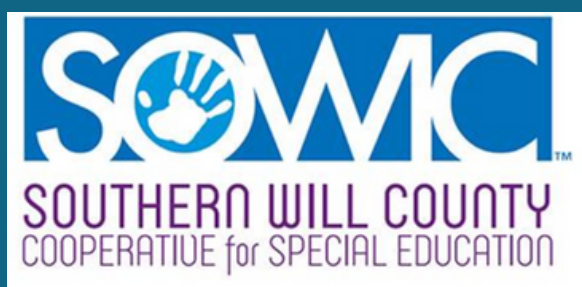


Big milestones at Three



Physical Milestones

Gross Motor Skills: Run with ease, climbs well, pedals a tricycle, walks up and down stairs with alternating feet.

Fine Motor Skills: Builds a tower of more than six blocks, easily turns book pages one at a time, draws or copies a circle

Cognitive Milestones

Understands the concept of "two", can complete a 3-4 piece puzzle, begins to understand time (like morning vs. night), follows instructions with 2-3 concepts, can name most familiar things

Language Milestones

Speaks in sentences of 4-5 words, has a vocabulary of about 200-1,000 words, can say their name/age/sex, names a friend, understands the concept of "mine" and "yours"

Social & Emotional Milestones

Shows a wide range of emotions, separates easily from parents, may get upset with major changes in routine, shows concern for a crying friend, takes turns in games

Self-Care Skills

Dresses and undresses with some assistance, washes and dries hands, eats with utensils, may start to be toilet trained

Play & Interaction

Engages in pretend play and make-believe with dolls, animals, and people

Shows affection for friends without prompting, understands the meaning of "mine" and "his" or "hers"

Preschool Screenings

Go to www.sowic.org and select "Resources" and "Preschool Screenings" to find dates and locations for SOWIC's preschool screenings.

Seek Information

Every child develops at their own pace, so some may reach these milestones slightly earlier or later than others. If you have concerns about your child's development, it's always a good idea to consult with a pediatrician.

Questions?

If you have questions regarding your next steps, your child's development or how SOWIC can help, please reach out!

Email sowic@sowic.org