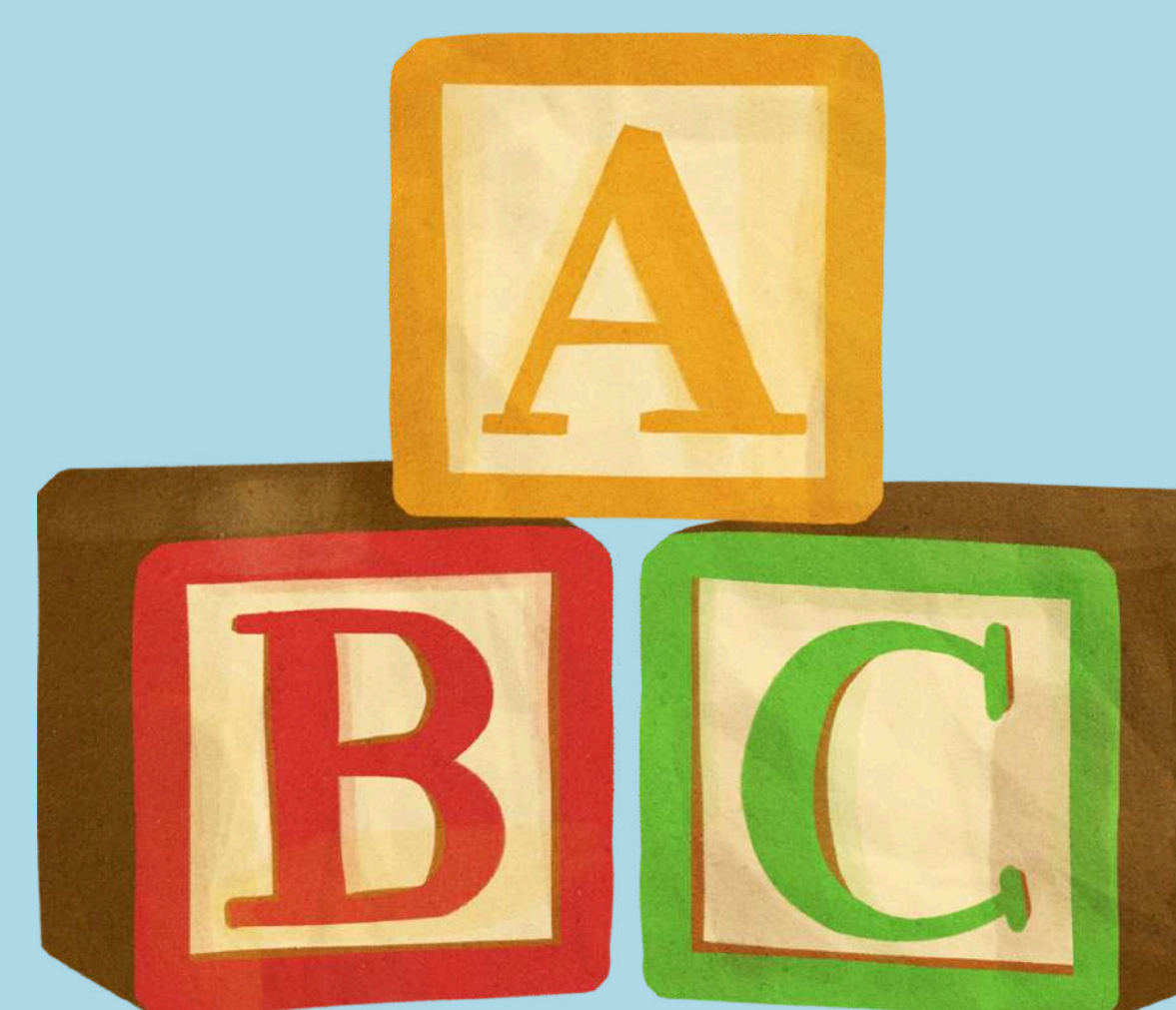




# Your Child's Growth, Step by Step: Milestone Tracking with

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## Your child at 3 years

Milestones are important! How your child plays, learns, speaks, behaves, and moves provides key insights into their development. Review the milestones your child has achieved by 3 years. Be sure to bring this information to every well-child visit and discuss your child's progress with their doctor, along with what to expect next.

### Social/Emotional Milestones

- Settles in within 10 minutes after saying goodbye, like at daycare.
- Observes other children and naturally joins in their play activities.

### Language/Communication Milestones

- Engages in conversation with at least two back-and-forth exchanges.
- Asks questions such as "who," "what," "where," or "why," for example, "Where is mommy/daddy?"
- Describes actions in a picture or book when prompted, using words like "running," "eating," or "playing."
- Says their first name when asked.
- Speaks clearly enough to be understood by others most of the time.

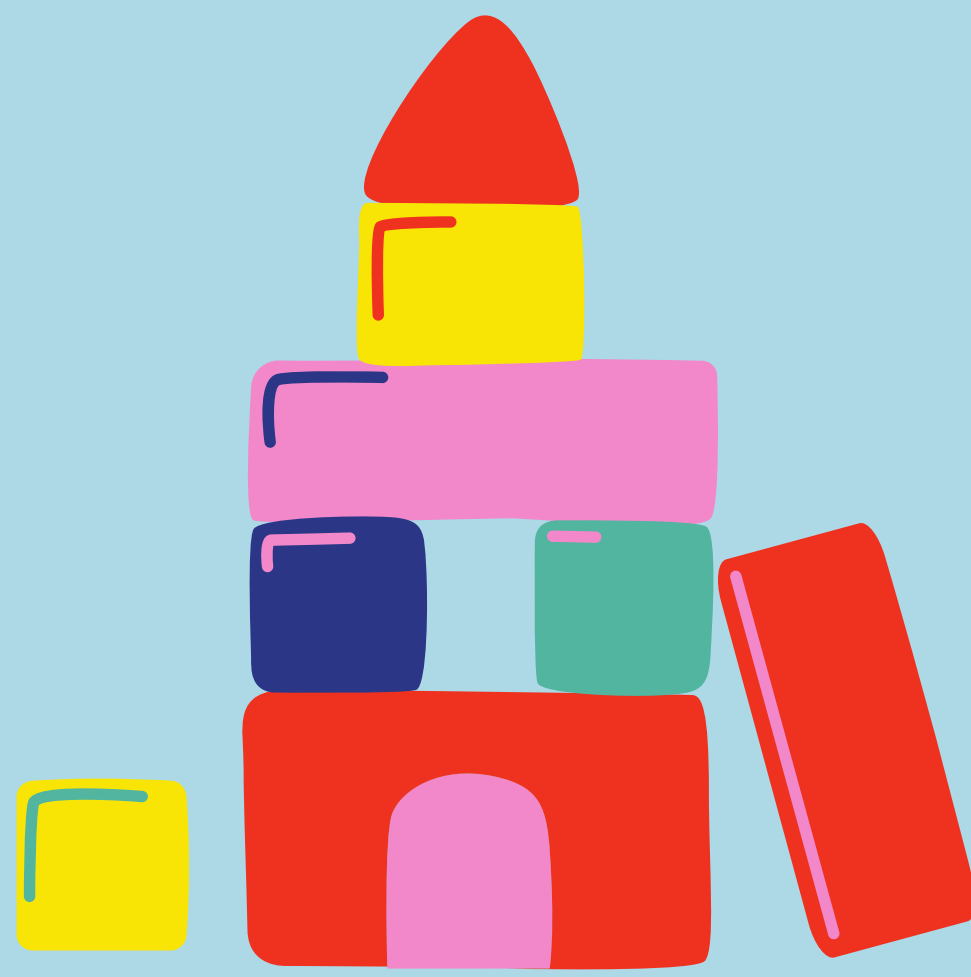
### Cognitive Milestones

(Learning, thinking, problem-solving)

- Draws a circle after being shown how.
- When warned, avoids touching hot objects, like stove.

### Movement/Physical Development Milestones

- Connects items in a row, like large beads or macaroni.
- Puts on some clothing independently, like loose pants or a jacket.
- Uses a fork.



### What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ Is there anything that you and your baby do together?
- ★ Does your baby stop doing anything that he/she used to do?
- ★ What are your baby's favorite things to do?



**You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.**



## Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✓ Encourage your child to work through challenges with your support. Ask questions to help her understand the problem, brainstorm solutions, try one out, and explore others if needed.
- ✓ Play counting games using everyday objects like body parts or stairs, as children this age are beginning to learn numbers and counting.
- ✓ Set a few simple, clear rules, like "use gentle hands when playing." If a rule is broken, guide your child on what to do instead. When he follows the rule later, acknowledge and praise his efforts.
- ✓ Read together and ask engaging questions like, "What's happening in the picture?" or "What might happen next?" Encourage her to expand on her answers by asking for details.
- ✓ Discuss emotions with your child and introduce words that describe feelings. Help him manage stress by teaching calming techniques like deep breathing, hugging a favorite toy, or retreating to a quiet space when feeling upset.
- ✓ Involve your child in meal prep with simple tasks like washing fruits and vegetables or stirring ingredients.
- ✓ Provide instructions with 2-3 steps, such as, "Go to your room, get your shoes, and bring your coat." .
- ✓ Limit screen time to no more than 1 hour per day of age-appropriate programming, with an adult present. Children learn best through talking, playing, and interacting with others.
- ✓ Teach simple songs and rhymes like "Itsy Bitsy Spider" or "Twinkle, Twinkle, Little Star."
- ✓ Offer an "activity box" with paper, crayons, and coloring books. Draw lines and shapes together to foster creativity.
- ✓ Spend time playing outdoors with your child, such as visiting the park to climb on play equipment or run in safe areas.
- ✓ Encourage playtime with other children to help him learn the importance of friendship and cooperation.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

