

Expectations for 3 year olds



Physical Development:

- Weight gain of 6 pounds
- Growth of 3 inches in height
- Day time potty trained; some night accidents
- Sleeps 10-12 hours; less need for naps
- Good appetite; can be picky and likes small serving portions

Communication:

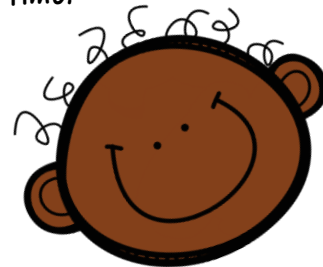
- Vocabulary of 900-1000 words
- Answer questions: What? Who?
- Can engage in a conversation
- Can be understood by strangers (50% or more)
- Speaks in 3-5 word sentences; ex. me go outside, I get it, I want juice, etc.
- Tries to tell stories & express feelings
- On request, he can say first name, boy/girl, & age
- Sings favorite songs
- Can answer simple questions: What do you do when you are sleepy? When you are hungry?
- Talks almost constantly
- Uses verbs; such as, get, want, hop, jump, sleep, drink, eat, go, etc.
- Asks many questions
- Understands concepts: on, off, between, beside, front, back, top, bottom, opened, closed, clean, dirty

Pre-Academics (Learning & Problem Solving):

- Focuses on one activity for 5-10 minutes
- Counts 1-5 (verbally); accurately counts 1, 2, & 3 objects
- Identifies 8 or more body parts
- Listens to stories, labels pictures, may anticipate what happens next
- Understands past and present time
- Understands how objects are used: wear socks, brush hair, drive a car, etc.
- Identifies, matches, & sorts at least 4 colors
- Follows 2 step directions: Pick up the ball and give it to Mommy.
- Begins to understand the concept of hours/minutes time.
- Engages in pretend play; acts out adult roles

Gross Motor:

- Can ride a tricycle
- Jump with both feet leaving the floor
- Kicks and catches a ball (8" or larger)
- Walks forward, side-ways and backwards
- Runs 10 or more feet without falling
- Climbs stairs with both feet or alternating feet on step



Continued on back....

Continued... Expectations for 3 year olds

Fine Motor:

- Draws a horizontal line, vertical line, crossed lines, & a circle from a model
- Strings small items, like ring shaped cereals, onto a string/yarn
- Builds a vertical stack (tower) of 9 blocks
- Handles and manipulates small objects in hands; ex. Lego, small cars, cereal
- Opens a door by turning knob or lever
- Completes 5-6 piece puzzle
- Working on correct grip for a pencil, crayon, or paint brush

Self-Care (Adaptive):

- Dresses & undresses self; needs help with buttons, shoelaces, zippers, snaps
- Washes hands with soap & dries hands with a paper towel
- Eats at the table using a fork, spoon, & napkin
- Aware of dangerous situations; ex. hot stove, electrical outlet, busy street
- Brushes own teeth; may need help
- Can pour liquids from small containers; still needs help for large, full, or containers
- Can serve self in family style meals; may need reminders about portion
- Sleeps in own bed
- Can get self ready for bed

Social & Behavior:

- Engages in pretend play; may act out real events, like doctor visit or school
- Likes to dress up as an adult: bride, construction worker, police man, doctor/nurse, teacher, waitress, etc.
- Learning to share & takes turns; can be difficult at times
- Gives affection to family members & pets
- Recognizes feelings of others; ex. happy, sad, angry
- Responds best when given 2 choices rather than a command
- May argue with other children
- Enjoys being included in everything at home/school

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