

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 3-year-old—a great way to have fun together and support your child’s social-emotional development.

Words of Encouragement

Let your child know every day that you love them and how great they are. Give them a “high five,” a big smile, a pat on the back, or a hug. Tell them they are super, cool, sweet, and fun.

Materials Needed: None

Your Turn

Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.

Materials Needed: None

Reading and Feelings

Have a special reading time every day. Snuggle up and get close. Look in the library for books about children with big feelings. Ask, “*What do you do when you get mad?*”

Materials Needed: Age-appropriate books



NOTES: _____



Activities



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Pen Pals

Write a letter together to grandparents, a pen pal, or a friend. See if your child can tell you what to write about themselves to include in the letter.

Materials Needed: Pen or pencil, paper

Let’s Play

Get down on the floor and play with your child. Try to follow your child’s lead by playing with toys they want to play with and trying their ideas.

Materials Needed: Age-appropriate toys

Making Friends

Provide opportunities for your child to play with other children in your neighborhood or at a park.

Materials Needed: None



Want to learn about developmental milestones for your 3-year-old?

Visit <https://bpub.fyi/CDC3year>