

WAYS YOU CAN HELP YOUR CHILD

- Listen and respond when your child talks to you. (eg. nod, smile, answer questions).
- Talk about new places and experiences before you go, while you are there, and when you get home.
- Expand on what your child says. For example, if your child says, “big dog” you say “big brown dog.”
- Talk about how things are the same and how they are different.
- Use words or sounds that your child finds difficult. Have your child look at your mouth as you say the sound clearly.
- Read longer stories. Encourage your child to tell stories using books and pictures.
- Everyday make sure your child has fun with many different activities (eg. running and playing inside or outdoors, sitting to do quiet activities like coloring or building with blocks or other activities they can do alone).

BY 3 YEARS YOUR CHILD SHOULD:

- wash hands, but need help to dry
- eat well with a fork and spoon
- put on clothing but need help with buttons, zippers, snaps, etc
- be toilet trained during the day and generally dry during the night

CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR WHEN...

... at 3 years your child:

- does not talk in short sentences
- walks only on toes
- often falls or has trouble with stairs
- gets frustrated trying to communicate
- does not speak clearly enough for you to understand him/her most of the time
- doesn't seem to hear well
- can't scribble with a pencil/crayon

CHILD DEVELOPMENT

YOUR DEVELOPING CHILD

2-3 YEARS



By 3 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

CHILD DEVELOPMENT

Rehabilitation & Early Childhood Development
Western Health Authority
AND
Janeway Outreach Program,
Western Region

LEARNING TO MOVE

By 3 years, your child should:

- climb well
- walk up stairs alternating feet, and down stairs with two feet on a step
- run without falling or banging into things
- begin to use pedals on a tricycle
- stand on tip toes
- throw, catch and kick a ball

SEEING & USING HANDS

By 3 years, your child

should:

- cut with scissors
- consistently use one hand more than the other
- copy a circle
- build a tower of seven or more blocks

HEARING, SPEECH & LANGUAGE

By 3 years, your child should:

- listen to stories and answer simple questions
- ask questions and use short sentences
- follow 2 to 3 directions, (e.g., “ Get the ball and put it on the table ”)



- place something in the right spot if you say “ in ”, “ on ”, or “ under .”
- have conversations with family members or other familiar people

By 3 years, your child should:



- enjoy make-

LEARNING TO THINK & PLAY

believe play

- play with other children



- take and other turns in games share with children
- match two or three colors, and may name colors
- understand what “one” means
- tell if someone is a boy or a girl
- complete puzzles with three or four pieces
- understand concept of “mine” and “ his/ hers”
- show affection towards others