



At 3 years old, a child's skills expand and build on each other

From birth, children rapidly add to their language, speech and cognitive skills, building the foundation that will help them the rest of their life. When a child reaches 3 years old, these skills begin to intersect and expand in wonderful ways. He isn't just playing with a block – he's building tall towers and telling you what he's doing. She isn't just playing – she's making up a conversation while playing make believe.

Every child grows at his or her own rate, and [Help Me Grow](#) offers the following developmental milestones for 3 year olds to help monitor their progress as they grow:

- Climbs and runs well
- Builds with blocks; builds a tower of six blocks
- Uses three-word sentences
- Shows concern and affection for others
- Plays make-believe with dolls, animals and people
- Does puzzles with three to four pieces

Parents, child care providers and caregivers can take the following actions to encourage their 3-year-old's development:

- Let child help with simple household chores
- Help child include others in playing, sharing and taking turns
- Support child to develop trust in other consistent adults
- Listen to and encourage child to use many words and longer sentences
- Share new stories, songs, games and play materials
- Support appropriate expression of feelings



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For more information on three-year milestones, please visit [HelpMeGrowMN.org](#)

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Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecsuo.org. For more information, visit helpmegrwmn.org.