



Today's Weight _____

Today's Height _____

Your 3 Year Old

Three year olds may seem demanding. This is part of them becoming more independent. They are constantly exploring and questioning everything. They are becoming social beings. They are learning rapidly about rules and ways to behave with others. Three year olds need consistent limits. By giving your child lots of hugs, kisses and attention they will feel more safe and secure and even feel better about separating from you. . Warm and positive attention will help your child's brain work and grow.

Here are some questions to help us learn more about your baby's development. Please check those things you KNOW your child is doing!
Does your three year old...

- Wear diapers only at night or not at all?
- Sleep through the night?
- Talk in simple sentences that others are able to understand? ("Mommy, I want juice.")
- Recognize some common colors such as red, blue, yellow, green?
- Use a spoon or fork without much spilling?
- Hop on one foot?
- Throw a ball overhand?
- Put on own clothes?
- Name at least 6 body parts?
- Count to five?
- Follow simple directions?
- Seek attention and approval from adults?

Remember that this is not a TEST and that all children develop and learn at different rates and times.

Do you have any worries about your child's development? _____

Ideas to help your three year old learn and grow and become ready for school...

Play

- Find places where your child can play with other children.
- Encourage painting and coloring and ask your child to name colors of crayons or markers.
- Practice throwing a ball.
- Make games out of counting objects.

Play is the best way to expand your child's ability to learn.

Talk and Read

- Begin to explore the library for reading time and other group activities.
- Use the library to provide your child with variety in the books you read to them.
- Make up songs and stories with your child.
- Help your child memorize their first and last name.

Your child's vocabulary is expanding rapidly. Books and reading help your child learn and understand new words. Books also help your child learn about the world around them.

Provide a Safe and Loving Environment

- Develop routines like providing snacks at the same time each day, having meals together and brushing teeth before bed.
- Listen to your child's fears and reassure them that you will keep them safe.
- Monitor what and how much your child watches on TV.

Order and predictability help children feel safe in their world. What they see on TV can be overwhelming, confusing or scary and can make them feel less secure. Pay attention to what you talk about with other adults when your child is around. They hear EVERYTHING!

Your child watches you! Use behavior you want your child to imitate!

Resources:

For information on resources to help you with playgroups, childcare, or support and behavioral issues and parenting concerns call:

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| • BANANAS (N. Alameda County) | 658-7353 |
| • 4 C's (Southern Alameda County) | 582-2189 |
| • Childcare Links (Tri Valley) | 925-417-8733 |
| • Parental Stress | North County, 893-9230
Hayward, 562-0148
Fremont, 790-3803 |
| • Alameda County Clearinghouse | 1 888 604 4636 |

If your child has a disability and you need support call:
Family Resource Network
510-547-7322

Every Child Counts
1100 San Leandro Blvd. Suite 120
San Leandro, CA 94577
(510) 875-2400

