

Three Years

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Can ride a tricycle ◆ Able to catch large ball and kick it ◆ May jump from small heights ◆ Able to use spoon & fork ◆ Takes self to toilet 	<ul style="list-style-type: none"> ◆ Able to identify more body parts ◆ Able to read picture books with a few words ◆ Knows the primary colours ◆ Asks lots of questions
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Shows affection for younger children ◆ Starting to learn how to share ◆ Tries to please parents and is fairly attentive to their requests 	<ul style="list-style-type: none"> ◆ Good hand control when using pencil ◆ Able to cut with scissors ◆ Knows own full name ◆ Is becoming good at forming sentences but may mispronounce words
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ May be afraid of the dark or wild animals ◆ May bite nails or suck thumbs ◆ Has unpredictable behaviour; is self-centered ◆ May have imaginary friends; talks to self a lot 	



Importance of play



Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

For more information contact the Women's Health Services (08) 9 2 2 7 8 1 2 2 or info@whs.org.au

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
BLOWING BUBBLES	Bubble-making liquid, bubble-blowing instruments, water. 	Take your child outside and show them how to blow bubbles, they will love this! Show them the different sizes bubbles can be, and encourage them to chase them and touch them before they pop!
SAND PLAY	Sandpit, toys suited to sand play (buckets, spades, trucks, cups, etc).	Help the child explore the sand (dig, build mounds, etc). Show them how to use the toys, for example filling up the bucket with sand by using the spade.
CUBBY-HOUSE	Sheets, boxes, chairs, whatever happens to be lying about the place!	Make a cubby-house especially for your child; get them to help you if they are able. Do things such as read them books and sing songs in their special place.
SPRAY PAINTING	Old sprayers, plastic bottles, plant waterer (with nozzle), coloured water, large sheet of paper or an old sheet.	Tape the large sheet of paper to a wall outside, or peg the sheet to the clothesline. Your child can spray the paper or the sheet with the coloured water. This helps to develop the muscles in the arm, and their fine motor skills.
COOKING	Wooden spoon, pots and pans, any other spare (and safe) cooking implements. 	When you are cooking in the kitchen, let your child 'help'; you can either give them some flour and milk to cook with, or you can encourage them to 'make-believe' cook. This will also keep them busy while you are preparing a meal. If you want to cook <u>with</u> them, pikelets or cookies are fun, as they are simple. You can enjoy a tea-party together!

