

# Your child at 3 years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

## What most children do by this age:

### Social/Emotional Milestones

- Calms down within 10 minutes after you leave her, like at a childcare drop off
- Notices other children and joins them to play

### Language/Communication Milestones

- Talks with you in conversation using at least two back-and-forth exchanges
- Asks "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"
- Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"
- Says first name, when asked
- Talks well enough for others to understand, most of the time

### Cognitive Milestones

#### (learning, thinking, problem-solving)

- Draws a circle, when you show him how
- Avoids touching hot objects, like a stove, when you warn her

### Movement/Physical Development Milestones

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork

## Other important things to share with the doctor...

1. What are some things you and your child do together? \_\_\_\_\_
2. What are some things your child likes to do? \_\_\_\_\_
3. Is there anything your child does or does not do that concerns you? \_\_\_\_\_
4. Has your child lost any skills he/she once had? \_\_\_\_\_
5. Does your child have any special healthcare needs or was he/she born prematurely? \_\_\_\_\_

**You know your child best.** Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more on how to help your baby, visit [cdc.gov/Concerned](http://cdc.gov/Concerned).

**Don't wait.**  
**Acting early can make**  
**a real difference!**



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## Your next steps

- Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones).
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  - Let your child help with making meals. Give him simple tasks, such as washing fruits and vegetables or stirring.
  - Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
  - Encourage your child to solve her own problems with your support. Ask questions to help her understand the problem. Help her think of solutions, try one out, and try more if needed.
  - Talk about your child's emotions and give him words to help him explain how he's feeling. Help your child manage stressful feelings by teaching him to take deep breaths, hug a favorite toy, or go to a quiet, safe place when he is upset.



## If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call \_\_\_\_\_ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

**Don't wait. Acting early can make a real difference!**

## Note to Dr. \_\_\_\_\_ :

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program \_\_\_\_\_ and, at the same time, for further developmental and medical evaluation.
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# Your child at 4 years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 4. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

## What most children do by this age:

### Social/Emotional Milestones

- Pretends to be something else during play (teacher, superhero, dog)
- Asks to go play with children if none are around, like "Can I play with Alex?"
- Comforts others who are hurt or sad, like hugging a crying friend
- Avoids danger, like not jumping from tall heights at the playground
- Likes to be a "helper"
- Changes behavior based on where she is (place of worship, library, playground)

### Language/Communication Milestones

- Says sentences with four or more words
- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during his day, like "I played soccer."
- Answers simple questions like "What is a coat for?" or "What is a crayon for?"

### Cognitive Milestones (learning, thinking, problem-solving)

- Names a few colors of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts

### Movement/Physical Development Milestones

- Catches a large ball most of the time
- Serves himself food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb (not a fist)

## Other important things to share with the doctor...

1. What are some things you and your child do together? \_\_\_\_\_
2. What are some things your child likes to do? \_\_\_\_\_
3. Is there anything your child does or does not do that concerns you? \_\_\_\_\_
4. Has your child lost any skills he/she once had? \_\_\_\_\_
5. Does your child have any special healthcare needs or was he/she born prematurely? \_\_\_\_\_

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  - Eat meals with your child when possible. Let her see you enjoying healthy foods, such as fruits, vegetables, and whole grains, and drinking milk or water. Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet, or from another adult.
  - Help your child learn about others' feelings, and about positive ways to react. For example, when he sees a child who is sad, say "He looks sad. Let's bring him a teddy."
  - Use positive words and give attention to behaviors you want to see ("wanted behaviors"). For example, say "You're sharing that toy so nicely!" Give less attention to those you don't want to see.

## If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call \_\_\_\_\_ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

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## Note to Dr. \_\_\_\_\_ :

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# Your child at 5 years



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Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 5. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

## What most children do by this age:

### Social/Emotional Milestones

- Follows rules or takes turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating

### Language/Communication Milestones

- Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell it to him
- Keeps a conversation going with more than three back-and-forth exchanges
- Uses or recognizes simple rhymes (bat-cat, ball-tall)

### Cognitive Milestones

#### (learning, thinking, problem-solving)

- Counts to 10
- Names some numbers between 1 and 5 when you point to them
- Uses words about time, like "yesterday," "tomorrow," "morning," or "night"
- Pays attention for 5 to 10 minutes during activities. For example, during story time or making arts and crafts (screen time does not count)
- Writes some letters in her name
- Names some letters when you point to them

### Movement/Physical Development Milestones

- Buttons some buttons
- Hops on one foot

## Other important things to share with the doctor...

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2. What are some things your child likes to do? \_\_\_\_\_
3. Is there anything your child does or does not do that concerns you? \_\_\_\_\_
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  - Your child might start to "talk back" in order to feel independent and test what happens. Limit the attention you give to the negative words. Find alternative activities for her to do that allow her to take the lead and be independent. Make a point of noticing good behavior. "You stayed calm when I told you it's bedtime."
  - Eat meals with your child and enjoy family time talking together. Give the same meal to everyone. Avoid screen time (TV, tablets, phones, etc.) during mealtime. Let your child help prepare the healthy foods and enjoy them together.
  - Encourage your child to "read" by looking at the pictures and telling the story.
  - Use words to help your child begin to understand time. For example, sing songs about the days of the week and let him know what day it is. Use words about time, such as today, tomorrow, and yesterday.

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