

Talk to your child's doctor if you have concerns.

Ask for a referral to a specialist or call your local public elementary school for an evaluation and to find out about possible services.

Download CDC's Milestone Tracker App



Place agency contact label here

For additional information on
developmental milestones go to
www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

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Twinkle Twinkle little star, A **THREE** year old is what you are!



Milestones Matter:

How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 3.

What most 3 year olds do:



Notices other children and joins them to play



Asks who, what, where, or why questions



Says first name when asked



Avoids touching dangerous objects, like a hot stove, when warned



Able to put on some clothes by themselves, like loose pants or a jacket



Uses a fork



Remember to schedule your 3 year well-child visit!

Help Your Child Learn & Grow



Talk, read, sing, and play together every day.



Teach your child simple songs and rhymes like “Twinkle, Twinkle Little Star” & “Itsy Bitsy Spider”.



Work with your child to solve the problem when they are upset.



Talk about your child’s emotions and give them the words to help them explain how they are feeling.



Give your child 2-step instructions like “Go to your room and get your shoes”.



Make an “activity box” with paper, crayons, and coloring books and help your child work on drawing lines and shapes.



Encourage your child to play with other children.



Play counting games.



Limit screen time (TV, tablets, phones) to no more than 1 hour a day.



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.