

THE THREE YEAR OLD:

I. PHYSICAL DEVELOPMENT - AUTONOMY

- Still needs daily periods of rest though may not sleep at naptime.
- May fuss upon waking.
- May still require help in dressing, e.g., may put shoes on wrong feet or clothes on backwards.
- Can feed self though with some spillage.
- May desire bathroom privacy.
- May show awareness of sex differences.
- May develop fears: of the dark, of animals, etc; needs assurance.

II. PLAY AND SOCIAL COOPERATION

- Listens to adults and wants to please.
- Is active, energetic, enjoys performing tricks.
- Can handle playground equipment, e.g., swing, etc.
- Beginning play with other children.
- May irritate and annoy siblings but is also learning to get along with them.

III. COGNITIVELY RELATED SKILLS

- More goal direction possible.
- Enjoys talking, naming things, and classifying them in groups. Speech is mostly intelligible.
- Likes to have familiar stories read over and over.
- Will describe and explain pictures.
- Enjoys creative efforts, e.g., playing with clay/playdoh, painting.
- Likes music and short rhymes. Sings parts of songs, mostly off key.