

Begin now... Learn what I can do. I'm now 3 years old!

Talk

I am still learning lots of new words and speaking more clearly. I want to talk about interesting things with you, or share simple stories. I am recognizing letters and numbers everywhere I go.

- I can learn 4 - 6 new words a day when we talk or when you read books to me. I know my name, body parts, colours and more!
- I can talk in 5 or more word sentences like "I go home now and play".
- I understand questions about who, what, where and why.
- Teach me nursery rhymes, songs and poems.
- Help me learn the alphabet by playing with magnet letters on the fridge. Read books to me every day and point to the letters.

Play

I can focus longer on activities. I move my body with more control to run, climb, hop and jump. I can use my hands and fingers to do all kinds of things.

- Play games that make me move in different ways, like 'Simon Says' and 'Follow the Leader'.
- Let's play ball! Teach me to throw, catch and kick.
- Help me hold crayons with my fingers and thumb, and not my fist. Give me things to write with like crayons or chalk. Show me how to draw a person with 3 body parts.
- Prepare my hands for using scissors by playing with play dough, using ice tongs to pick up cotton balls or crumpled paper. Give me small scissors to cut into paper. As I get better, I can cut along a line to make strips



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Learn

I am learning to do things on my own but still need you nearby. I am making friends with other children I know. If I have a problem, I will come to you for help. I know why I feel certain ways and can cope with my feelings better.

- Let me do things by myself. I can get dressed and undressed, wash myself, and help clean up.
- I may not be using the toilet or potty yet. Keep talking and reading books with me about using the toilet/potty. Help me practice and praise me for trying.
- I can tell you how someone else feels by looking at their face and listening to their voice. Read books and talk with me about how other people are feeling.
- I may have new fears about things that didn't bother me before. Comfort me to help me feel safe, as my fears are real.
- Playing simple games like 'tag' or 'hide and seek' will help me learn about taking turns and sharing.

Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.



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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



If you require this information in an accessible format, contact 1-800-841-2729.

