



## **CHILD DEVELOPMENT**

Have you ever wondered if your child's development is typical for their age? How do you know if they are on the right track? Although no two children develop at exactly the same rate, experts will agree that there are "normal" signs of development.

### **Motor Development**

#### **By 3 years of age does your child:**

- Walk up and down stairs unassisted, using alternating feet; may jump from bottom step, landing on both feet
- Walk in a straight line
- Walk on tiptoes if shown how
- Balance on one foot, momentarily.
- Kick a big ball
- Jump with both feet on the spot
- Throw a ball overhand; aim and distance are limited
- Catch a large bounced ball with both arms extended
- Pedal a small tricycle
- Open doors
- Need minimal assistance eating
- Carry a container of liquid, such as a cup of milk or bowl of water, without much spilling; pour liquid from pitcher into another container
- Wash and dry hands; brush own teeth, but not thoroughly
- Use the toilet with minimal assistance
- Get dressed with minimal assistance
- Manipulate large buttons and zippers on clothing and put on shoes, but not tie them
- Begin to show hand dominance
- Hold a crayon or marker between first two fingers and thumb (tripod grasp), not in a fist as earlier
- Show improved control of crayons or markers; use vertical, horizontal and circular strokes
- Turn pages of a book one at a time
- Fold paper, if shown how
- Build a tower of eight or more blocks
- Play with play dough; pound, roll, and squeeze it

Watch for these signs in your child over a one month period. (Even children have "bad days.") Remember, if your child was born earlier than expected; be sure to deduct the number of months born early from his or her age. A 5-month-old born 2 months early would be expected to show the same skills as a 3-month-old who was full term.