



Milestones Matter

Your Child at 3 Years

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Children Do by 3 Years

Social/Emotional

- Take turns in games
- Show concern for a crying friend
- Understand the idea of "mine," "his" and "hers"
- Show a wide range of emotions
- Separate easily from mom and dad
- Dress and undress self

Hearing/Language

- Follow instructions with two or three steps
- Name most familiar things
- Understand words like "in," "on" and "under"
- Say first name, age and sex
- Name a friend
- Say words like "I," "me," "we" and "you"
- Talk well enough for strangers to understand
- Carry a conversation using two to three sentences

Cognitive (learning, thinking, problem-solving)

- Work toys with buttons, levers and moving parts
- Play make-believe with dolls, animals and people
- Do puzzles with three or four pieces
- Understand what "two" means
- Copy a circle with pencil or crayon

Movement/Physical Development

- Climb well
- Run easily
- Pedal a tricycle
- Walk up and down stairs, one foot on each step
- Turn book pages one at a time
- Build towers of more than six blocks

You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Falls down a lot
- Drools or has very unclear speech
- Can't work simple toys
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your child.

- Go to play groups to encourage getting along with other children
- Work with her to solve the problem when she is upset
- Talk about his emotions
- Set rules and limits for her and stick to them
- Give him instructions with two or three steps
- Read to her every day
- Color and draw lines and shapes with him
- Play matching and counting games
- Hold child's hand going up and down stairs or, if she can go up and down easily, encourage her to use the railing instead
- Play outside with her

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation. You can also sign up for a free online hearing and language screening with a speech-language pathologist from Boys Town National Research Hospital at <http://bit.ly/hearing-language-screening> or by calling (531) 355-5610. The screening will let you know if more hearing or language testing is needed for your child.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Bellevue Public Schools
402-293-4000

Gretna Public Schools
402-332-3265

Bennington Public Schools
402-238-3044

Millard Public Schools
402-715-8302

DC West Community Schools
402-359-2583

Northwest Area Educational Agency
712-222-6050

Elkhorn Public Schools
402-289-2579 ext. 11000

Omaha Public Schools
531-299-0242

Fremont Public Schools
402-727-3084

Papillion-La Vista Community Schools
402-514-3243

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Westside Community Schools
402-390-2100

