

# Craig Ranch Pediatrics

Dr. Nagaratina Salem

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## 3 Year Old

### Motor

Runs well. He can walk upstairs and downstairs, one foot at a time. He can go upstairs alternating feet and should be able to peddle his tricycle.

### Fine Motor

He can make a tower of 7-9 cubes. He can make a bridge of 3 cubes. By 3 years he can copy a circle.

### Language

He can say his full name and can refer to himself as "I". By 3 years he knows his age and sex and can speak 3-5 word sentences using child grammar. Speech is  $\frac{3}{4}$  understandable to a stranger.



### Social

Help in dressing and putting on shoes. Washes hands. He can play simple games with other kids.

### Emotional

He is impatient and gets upset easily. He shows anger by crying out or striking out. He wants to have his own way. He will assert himself by saying "no" to everything. He may show sharp mood swings and can revert back to baby behavior at times.



### Time Out Technique

Time out consists of immediately isolating the child to a boring place for a few minutes whenever he misbehaves. It provides a cooling time for both child and parent, and it allows them to regain their emotional control.

Time out is most useful for 2-4 year olds' aggressive, harmful, or disruptive behavior that cannot be ignored. It could be a designated chair in a boring location, like facing a wall or corner. When you are in the same room as the child, carefully avoid making eye contact. Forbid turning on the radio or video games during a time out period.

**Time out should be short. A good rule of thumb is 1 minute per year of age. After age 6 you can tell them to remain in time out until "you can behave."**

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### **Play**

At this age, your child begins to think for himself in an imaginative way. He delights in activities of imagination and exploration and seeks to gain independence. In his imaginative play, your child will often talk to himself.

He begins to develop a sense of personal autonomy and takes pride in accomplishments that he performs himself, and gains positive or negative self worth based on the feedback he gets from the world around him. He is most likely strong willed and has poor judgment.

