



3 YEAR OLD DEVELOPMENTAL CHECKLIST

The majority of children will achieve these milestones by the time they turn 3 years. Keep in mind that all children grow at different rates, but the below milestones outline what a child is expected to achieve. Some children have underlying reasons which explain certain behaviours or why they are not skilled in certain areas like other children their age. If your child is not meeting the large majority of these milestones it is important you follow it up with your health professional.

FINE MOTOR	Yes	No
threads 6 small beads on a string		
builds a tower of 7-9 blocks		
holds pencil with thumb and fingers		
can draw a circle and vertical stroke after demonstration		
uses one hand consistently for most activities		
cuts on straight lines with some accuracy		

GROSS MOTOR	Yes	No
runs with control		
stands on one foot for 2 seconds		
jumps with two feet together		
rolls a ball		
catches a ball		
kicks a ball forcibly forward (without losing balance)		
climbs on playground equipment		
walks up and down stairs independently		
pedals a tricycle		

COMMUNICATION & LANGUAGE	Yes	No
recognises their name in print		
reads a book from front to back		
uses 5-6 words in a sentence		
asks lots of questions		
knows their name and a number of nursery rhymes		
begins to recognise letters		
follows a 3 step instruction		
points to 6 parts of a doll when asked		

SOCIAL & PLAY	Yes	No
plays a variety of games and activities		
treats dolls and teddies as if they are alive		
using symbols in play e.g a stick becomes a sword or a wand		
takes turns		
starts to play with other children (i.e: not always side-to-side play)		
acts out 'real life' play themes (eg: shopping, doctors)		
talks about their feelings		

SENSORY	Yes	No
independent in toileting (daytime/urine only)		
eats an increasing variety of foods (colours, textures, temperatures)		
tolerates different clothing textures (labels, fabric, seams)		
tolerates the feel of different textures on their skin (eg: paint, dirt, sand)		
tolerates swings, slides, spinning and movement		
tolerates noisy environments and loud sounds (eg: shopping centres, aeroplanes, toilet flushing)		
tolerates being touched or hugged		
tolerates transitioning to a new activity or environment		
tolerates 'rough play' with family members		