

Adapted from The Washington Guide to Promoting Development in the Young Child, 31-48 Months

Expected Tasks in This Age-Range

Motor Skills:

Walks downstairs alternating feet
Hops on one foot
Swings and climbs
Balances on one foot for 10 seconds
Can draw a circle and a cross
Draws a person with three body parts

Feeding:

Pours well from a pitcher
Serves herself at table with only little spilling
Rarely needs help feeding herself
Interested in setting the table

Sleep:

Daily range: 10-15 hours
Naps: beginning to disappear
Doesn't want to go to bed
Takes toys to bed less often
May awaken crying from dreams
May awaken if wet

Play:

Child begins to interact, share toys, and take turns when playing with other children
Using imagination when playing
Combining playthings & using more constructive toys
Prefers 2-3 children to play with. May have a special friend

Discipline:

Tries to follow the rules
Begins to understand simple reasoning
Follows simple commands such as 'Please put your toys away.'
Able to do more things by himself

Language:

Is learning to take turns
Listens longer to stories and TV programs
Begins to learn prepositions (in, on, under, between)
Follows two-part commands ('Pick up the block & put it under the chair.')

Learns difference between big and small
Can point to more body parts
Uses simple plural words (books, blocks) but not difficult plural words (mice, geese)
Tells you her first and last names
Names what she's drawn after scribbling
Knows gender
Knows a few rhymes or songs
Can tell what action is going on in a picture
Tells stories
Correctly pronounces sounds: p, k, g, v, d, z, lr, j, kw, l, e, w, qe, o (37-48 months of age)

Suggested Activities

Continue playing with blocks, Lincoln Logs, puzzles, toy cars, trains. Encourage play with different types of toys together
Provide clay and other creative materials
Give child opportunities to swing & climb
Provide activities such as finger paint, chalk, chalkboard

Encourage child to serve & feed herself
Give child practice at pouring, eg. pour water from a pitcher into cups outdoors
Encourage child to help set the table
Teach table manners

TV may cause problems falling asleep. Avoid violent TV
Limits should be set regarding bedtime. There may be anxiety about going to bed or desire to stay up with parents
Have a regular bedtime and bedtime routine
You may need to reassure your child if she is afraid.
A nightlight or open door may be needed
Don't use nap time or bedtime as punishment
Encourage naps if child acts tired or cranky

Encourage play with small groups of children
Encourage imaginative & dramatic play activities
Encourage music - singing & musical instruments
Encourage group participation in rhymes, dancing by hopping or jumping
Encourage drawing and painting

Be consistent with rules. Use time-out each time a rule is broken
Tell child "Good job!" or pat on the back for good behavior
Do not use scary threats

Read longer, more detailed stories
Expect your child to follow simple commands
Give child opportunity to hear & repeat her full name
Listen to child's explanations about pictures she draws
Encourage child to repeat nursery rhymes
Read books with pictures
Have your child repeat stories
Arrange trips to zoos, farms, stores, movies, etc... and talk to your child about the experience
Give simple explanations when answering questions