

WHAT I CAN DO...

- Walk upstairs and downstairs holding a rail
- Pedal a tricycle, stand on one foot, and jump backwards, forwards, and sideways
- Climb jungle gyms and ladders at the playground
- Begin to use scissors to snip paper
- Complete tasks independently
- Play next to a friend and sometimes share
- Show empathy when others are crying and show a wide range of emotions
- Vocalize for all my needs and use over 200 words to express my ideas and needs
- String smaller beads
- Build a tall tower of blocks
- Complete three- or four-piece puzzles
- Understand size concepts – stack rings in correct order, place small block on top of a big block
- Sort items by color
- Understand most verbs and adjectives and some prepositions
- Tell you my full name
- Participate in storytelling and recite portions of familiar songs and nursery rhymes
- Ask questions

30 - 36 MONTHS

(2½ - 3 YEARS)

HOW YOU CAN HELP ME...

- Talk to me and listen to what I have to say
- Play matching games with me (match the toy pig with the picture of a pig in the book)
- Allow free play time where you can observe my creativity in play
- Let me get messy in play and let me play with water, paint, sand, and playdough
- Plan play dates or take me to the park so I can interact with other children; help me to manage social problems
- Set rules and limits for me and stick to them; give me a short time-out when I break rules
- Encourage my independence even though it might take longer to complete a task

WHEN TO TALK TO MY DOCTOR...

- I do not play make-believe or pretend games
- I fall down or struggle to climb stairs, furniture, playground equipment, etc.
- I use gestures rather than words to let you know I want something
- I frequently say words and phrases that adults cannot understand
- I drop portions of words, either at the beginning or end
- I stop doing things I used to do – using words, smiling, playing near other children