

I am THREE and OH, THE THINGS I CAN DO!

Physical

- ♥ My growth is slower than in my first two years but nice and steady.
- ♥ My legs are growing faster than my arms.
- ♥ My baby fat is about gone and it seems I have a neck!
- ♥ My posture is more erect and my tummy no longer protrudes.
- ♥ I am slightly knock-kneed. There's a lot to this business of growing into a child.
- ♥ I can jump from a low step.
- ♥ I can stand on my tip toes and walk around.
- ♥ My 20 baby teeth are all here.
- ♥ My vision is nearing 20-20.
- ♥ I need about 1,500 calories a day. I know, right?

Motor development

- ♥ I can walk up and down the stairs by myself. I like to jump from the bottom step and can land on both feet.
- ♥ I can balance on one foot for a few seconds.
- ♥ I can kick a big ball.
- ♥ I can eat by myself, for the most part.
- ♥ I can pedal a small pedal toy or tricycle.
- ♥ I can throw a ball overhand now; my aim and distance is kind of so-so.
- ♥ I can catch a large soft ball with both arms outstretched.
- ♥ I like swinging on a swing (not too high or too fast.)
- ♥ I am getting better with crayons and markers; I can use vertical, horizontal and circular strokes.
- ♥ I can turn the pages of a book - one at a time now.
- ♥ I like building with blocks.
- ♥ I enjoy playing with clay, pounding, rolling and pushing it around.
- ♥ I may begin to show right or left hand dominance.
- ♥ I can carry a cup of water without much spilling and can pour water from one container to another.
- ♥ I can work through big buttons and easy zippers.
- ♥ I can wash and dry my own hands pretty well and get an "A" for effort in brushing my teeth.
- ♥ I should be able to use the big potty by year end. We all want this, I know.

Cognitive Development and Language

- ♥ I listen attentively to stories fit for my age.
- ♥ I make relevant comments during stories and am especially competent about things about home and family.
- ♥ I like to look at books and may pretend to 'read' to others or explain the pictures.
- ♥ I like stories with riddles, guessing and suspense.
- ♥ My speech is understandable - most of the time.
- ♥ I can come up with expanded noun phrases such as "big, brown dog."
- ♥ I am using 'ing' endings and am adding an 's' to pluralize.
- ♥ I now have answers for "What is this?" and "What are you doing?"

THREE Year OLD (CONT.)

Social and Emotional

- ♥ I seem to understand the concept of taking turns but am not always willing to do so.
- ♥ I am friendly. I laugh often and am eager to please.
- ♥ I sometimes have bad dreams and I might be afraid of the dark or monsters or big dogs.
- ♥ I join in simple games and group activities - though sometimes with trepidation.
- ♥ I talk to myself quite a bit.
- ♥ I use objects symbolically in play... a block might be a truck or a house or a phone.
- ♥ I watch other children playing. I may join in for a bit. I often play parallel to other children.
- ♥ I defend my toys and possessions. I may become aggressive at times grabbing a toy, hitting, hiding things.
- ♥ I like make-believe time alone or with other children.
- ♥ I may show affection toward younger children or toward a child who is hurt.
- ♥ I can sit and listen to stories for up to ten minutes; I do not bother other children who are listening to a story and I resent being bothered when I am trying to listen to a story.
- ♥ I may have a blanket or lovey that I rely upon for comfort.

Ideas for Enrichment

- ♥ Spend time allowing your child to talk to you.
- ♥ Teach your child how things work.
- ♥ Encourage your child to play with other children.
- ♥ Let your child be as independent as possible when getting dressed, brushing hair and teeth.
- ♥ Have your child help with simple chores such as putting away toys or stirring batter.
- ♥ Sing songs or rhymes and teach your child the words.
- ♥ Read stories with your child and ask him or her to name pictures or retell part of the story.
- ♥ Let your child build things out of blocks or boxes.
- ♥ Give your child a safe place to ride a tricycle.
- ♥ Listen to your child's music in the car and sing along. Nice and loud.
- ♥ Give your child the opportunity to take activity/enrichment classes with other children.
- ♥ Trace your child's hand or whole body and make a picture out of it or cut it out and tape it to a window.
- ♥ Teach your child about colors.

Participation in gymnastics helps children learn! Exciting new research shows that active movement at a very young age facilitates brain development, intellectual achievement, language acquisition, reading readiness, sensory integration and self-esteem. For years scientists and educators believed that the cerebellum functioned simply as the body's 'movement' center, regulating balance, coordination, posture and movement. We now know that the cerebellum plays a much bigger role in our development. The cerebellum has a critical relationship with the cerebral cortex, the highly developed part of the brain that is responsible for memory, attention, thought, language, and perceptual awareness. When we move, the cerebellum feeds information from the cerebral cortex to the cerebellum and back to the cerebral cortex. The Sweet Peas™ Educational Gymnastics programs are designed to promote learning and development through a highly specialized gymnastics education curriculum. Come join the fun!

