

# Fine Motor Development 30-36 Months

## Fine Motor Milestones

- Improved control while drawing and copying
- Stringing beads
- Turning pages in a book a single page at a time
- Holding a crayon or pencil between fingers and thumb
- Can open and close children's scissors

### What is important during this age?

Your toddler has now developed the skills needed to be able to begin cutting pieces of paper. They have more precision with their hands and increased coordination. They will likely start to hold their pencil or crayons with their fingers and thumb instead of wrapped in a fist.

### What can you do to support fine motor development?

A milestone during this time is learning to cut with scissors. (Blunt, child-safe scissors are best!) Your child will first need to practice holding on to scissors and learning to just open and close the blades. After they have this motion in control, they can practice making cuts into the edge of a paper. They will likely need help with learning how to control both the scissors and paper and starting with simple snips into a paper is a great first step.

# Gross Motor Development

## 30-36 Months

### Milestones

- Jumping up and jumping forward with both feet leaving the floor
- Running and stopping
- Walking up steps with one foot on each stair
- Kicking a ball with a leg swing
- Briefly balancing on one leg
- Throwing a ball overhand

### What is important during this age?

Your toddler is increasing balance and coordination during this time. They are able to stand on one foot long enough to kick a ball. They can throw a ball overhand and in a forward motion. They are able to jump forward about half a foot, with both of their feet leaving the ground. While they still may need to hold onto the railing or wall, they can climb stairs with only one foot on each step at a time.

### What can you do to support motor development?

Activities that involve running, throwing, hopping, and balancing are great ways to promote these milestones. Ideas include hopscotch, leap frog, soccer, and tag.

## Social & Emotional Development

### 30-36 Months

#### Milestones

- Learning to regulate emotions
- Can describe feelings
- Likes to play with friends
- Increasing attention span
- Follows simple directions
- Improving turn-taking during play

#### What is important during this age?

Your toddler is learning how to interact with others and describing their own feelings.

#### What can you do?

Praise your child when they are able to describe their feelings or ask a person to stop a behavior they don't like instead of hitting or biting. Help your child learn turn-taking by using simple games with one or two rules. Use a small stack of memory cards face-up and take turns picking up the matches. Play a child's board game using only one or two pieces and make up your own rules that include each person taking a turn. Emphasize when your child successfully takes turns during play. This helps to reinforce turn taking as fun and not as who is in possession of a toy or object.

## Milestones

- Helping to clean up their own toys
- Follows simple instructions
- Has a friend and likes playing with other children
- Spending a little longer time on a single task
- Basic cooking help like stirring and pouring
- Wiping up spills
- Setting the napkins and utensils on the table
- Improving use of snaps and zippers
- Can dress themselves in simple pull-on pant and shirt
- Plays independently for about 45 minutes

## Self-Help Skills

### 30-36 Months

#### **What is important during this age?**

Your toddler is now likely interested in helping with activities such as simple chores. Routines are a great way to help your child practice their independence and get things done!

#### **What can you do?**

Help your child set a basic routine. A visual schedule can be a great way to help them remember what they can do. Things like putting pajamas in a drawer, a towel in the hamper, brushing teeth, putting toys in a bin, or putting napkins on the table are great ways to help your child participate in their own daily care and learn responsibility for their belongings.

# Speech and Language Development

## 30-36 Months

### Language Milestones

#### 30-36 Months

- Speaks clearly most of the time
- Uses 2-3 sentences at a time
- Understands words like “On” “In” “Over” “Under”
- Can follow an instruction with 2-3 steps
- Can name other people including a friend
- Uses words like “I” “We” “You”
- Uses plural words

#### What is important during this age?

Your child is learning more complex language patterns and can use words in their plural form as well as naming most familiar things in their environment. They also understand prepositional words such as in, over, and under and can use them to understand simple instructions. They are now able to follow instructions with several steps.

#### What can you do to support language development?

Help your child continue to learn by modeling the grammar they are learning to apply. Use pronouns “I” “it” “mine” “your” “yours” and “we.” Use words in the past and present tense during play “we are jumping over the rope” and “we jumped over the rope.” Help your child learn plurals “We have two shoes.” Your child will practice using these new words. You can repeat sentences they say using the correct form to help them learn by hearing it used.