



DEVELOPMENTAL MILESTONES



3 - 5 Years



Emerging Skills

- Uses alternating pattern on stairs
- Stands on one foot
- Skips
- Hops on one foot
- Throws and kicks with accuracy and force
- Begins to ride a bike
- Uses a tripod grasp on crayons
- Begins to imitate and write name
- Cuts on a line with scissors
- Dresses and undresses independently
- Completes most clothing fasteners

Red Flags

- Difficulty tolerating sensory input (sounds, movement, messy play)
- Falls frequently or runs into objects
- Little interest in motor exploration
- Difficulty grasping crayons or scissors
- Difficulty with imitating lines and shapes with crayon

Everyday Play Ideas

- Sorting activities
- I Spy
- Animal walks
- Obstacle courses
- Chores
- Relay races
- Play with clothespins and clips
- Drawing pictures
- Cutting with scissors

Best Toys For This Age Group

- Trampoline
- Balance bike
- Balance beam
- Tweezers & tongs
- Easel
- Crayons & markers
- Blocks & Lego

Next Emerging Skills To Look For

- Accuracy with handwriting
- Participation in beginner sports activities
- Cutting out shapes with scissors
- Completing complex gross motor tasks