

## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 3-year-old—a great way to have fun together and support your child’s social-emotional development.

### Words of Encouragement

Let your child know every day that you love them and how great they are. Give them a “high five,” a big smile, a pat on the back, or a hug. Tell them they are super, cool, sweet, and fun.

**Materials Needed: None**

### Your Turn

Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.

**Materials Needed: None**

### Reading and Feelings

Have a special reading time every day. Snuggle up and get close. Look in the library for books about children with big feelings. Ask, “*What do you do when you get mad?*”

**Materials Needed: Age-appropriate books**



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# Activities



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### Pen Pals

Write a letter together to grandparents, a pen pal, or a friend. See if your child can tell you what to write about themselves to include in the letter.

**Materials Needed:** Pen or pencil, paper

### Let's Play

Get down on the floor and play with your child. Try to follow your child's lead by playing with toys they want to play with and trying their ideas.

**Materials Needed:** Age-appropriate toys

### Making Friends

Provide opportunities for your child to play with other children in your neighborhood or at a park.

**Materials Needed:** None



Want to learn about developmental milestones for your 3-year-old?

Visit <https://bpub.fyi/CDC3year>