

Exploring, Asking, and Growing

(3 Year-Olds)

Our program uses the **HighScope Curriculum**. HighScope emphasizes research-based active learning, where young children build knowledge through play and interaction with others as well as their environment.

Your 3-Year-Old is Gaining Independence and Skills

- More coordinated: running, climbing, balancing, pedaling
- Developing fine motor control with crayons, scissors, and small objects
- Loves pretend play and storytelling
- Asking lots of “why” and “how” questions
- Building friendships and showing empathy
- Expanding vocabulary and forming longer sentences

Physical Development

- Greater coordination, balance, and large muscle strength
- Awareness of their body and what it can do
- Improving fine motor skills: small muscle control

Ways you can help:

- Provide gross motor play like running, trikes, playgrounds, dancing
- Offer fine motor tools like playdough, beads, crayons, scissors
- Encourage both active and quiet play



Social and Emotional Development

- Naming and recognizing emotions
- Beginning to regulate big feelings
- Showing empathy and care for others
- Building friendships and relationships with adults
- Sharing and turn-taking, learning conflict resolution

Ways you can help:

- Talk about feelings and naming emotions together
- Model and practice turn-taking
- Supporting them through conflict resolution step-by-step
- Offer pretend play and role-playing opportunities



Flip over to see how your 3-year-old is learning and how you can support them every day!

Communication & Language

- Using longer phrases and sentences
- Vocabulary growing rapidly
- Asking “why” and “how” questions
- Carrying on simple conversations
- Beginning phonological awareness (hearing sounds in words)

Ways you can help:

- Read aloud daily with rhymes and songs
- Introduce new words in context
- Narrate daily routines and tasks
- Encourage questions and conversations
- Play sound games and clapping out syllables



Thinking & Problem Solving

- Solves simple problems during play through building and puzzles
- Uses imagination to test out ideas through pretend play
- Understands simple concepts of size, quantity, and order

Ways you can help:

- Offer puzzles, blocks, and sorting games
- Ask open-ended questions: “What do you think will happen?”
- Encourage them to try again when something doesn’t work



Simple Ways You Can Support Your 3-Year-Old Every Day



Ask questions and give time to answer



Provide puzzles, blocks, and matching games



Read and re-read favorite books together



Talk about feelings and model empathy



Play pretend, follow their storylines



Offer daily active outdoor play

Every question, story, and game helps your child learn.

Want to learn more about how we support your child’s growth with **HighScope**?

Visit www.famconn.org or scan the QR code.

