

*How your child may develop this year. Three-year-olds learn primarily through exploring, using all the senses. While playing, they are better able to ignore distractions and focus on the task at hand.*

Her experience comes from teaching, tutoring and managing educational after school programs. Frost worked in insurance and software testing before becoming a writer. She holds a Bachelor of Arts in elementary education with a reading endorsement. Discipline teaches your child about boundaries and appropriate behavior. Disciplining your 3-year-old child helps her learn boundaries and appropriate behavior, which helps her better function within society. Discipline goes beyond punishing your child when she does something wrong. It also includes preventing behavior problems. Trying different discipline methods helps you find the best way to handle your child. Consider the negative behaviors he exhibits that you want to change. Identify the behaviors that present a safety risk and use them to create a set of simple, basic rules. Step 2 Create a stimulating, interactive environment for your child. Remove dangerous or breakable items that may tempt your 3-year-old and lead to her getting in trouble. Step 3 Create a routine that works well for your family and your child. The routine gives him a predictable framework, allowing him to know what to expect. Step 4 Give your 3-year-old some choices when possible. For example, you might let her pick from two different outfits or ask her to pick the vegetable to go along with dinner. This gives her a sense of independence. Feeling more in control helps avoid some temper tantrums and behavior problems for some children. Step 5 Redirect your child when he makes a negative behavior decision. Give him something more acceptable to do instead of the inappropriate behavior. If he starts to draw on the floor with crayon, take him outside to draw with sidewalk chalk instead. Redirecting allows you to teach him a more acceptable activity while keeping a positive attitude about the discipline. Using natural or logical consequences helps teach your child about how her actions make an impact. For example, if she spills her dinner plate, make her help clean up the mess. A general guideline is to place your child in timeout the same number of minutes as his age, or 3 minutes for a 3-year-old. Step 8 Help your 3-year-old express her feelings. The inability to accurately express her needs or feelings sometimes leads to misbehavior. Practice identifying different emotions when your child is calm. Looking at pictures of faces or making faces yourself to show different emotions helps kids identify feelings. Talk about specific situations and how those events made your child feel. For example, if her brother broke her favorite toy, help her realize her feelings of anger and sadness. Tips Discuss discipline issues with your partner away from your 3-year-old. Make sure you are on the same page when it comes to disciplining your child. Arguing in front of your child or handling situations differently may cause him to push the limits with his behaviors. Warnings Avoid using bribery to get your child to obey your directions.

### Chapter 2 : What happens when your three year old wakes up from nap before you do - Meme Guy

*A three-year-old is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with.*

**Three Year Old Behavior: Definitions and Generalities** They are mobile and expressive: Toddlers can move around faster than you can blink. They understand emotion their feelings , but not adult logic. They want to do stuff by themselves: Three year olds can tell you what they want to have, or what they want to do, they want to be allowed to have it or do it. They want to push the boundaries and try new things. If you keep your child boxed into a strict set of rules you risk squashing their inner confidence and willingness to take chances. They have short fuses: Most three year olds behave as if everything is the end of their little world. And it annoys the heck out of parents! We just want them to understand that not everything is a big deal, but we get screaming fits and tantrums instead. This is not the same as a short attention span. Kids can often focus intently on something that fascinates them. Ever put a cartoon on Netflix and see your child zone right out? You can call it focussed attention or even trance. And since your three year old is now able to express himself much more clearly than a year ago, this is a great time to use language. I bet you really like the nice colors! The moment you do, your child is more calm, and open to distraction, suggestion, humor, or logical consequences should you need them. If you are butting heads with your toddler, always build rapport by entering their world before you try to implement any kind of behavioral change tactic. Say your 3 year old child wants to get a glass out of the cupboard by himself. He throws a fit. It all could have been prevented very easily. I recommend offering a choice where both outcomes are what you want. Grab two plastic cups and put them in the cupboard. The blue one or the orange one? Then, lift him so he can open the cupboard door himself and take out the cup. Maybe he refuses the plastic cups. He insists that he must drink out of a glass cup just like Mom and Dad. After all, kids model their parents. They want to do what we do. How do you handle this? But one example would be to use humor as a distraction. You take down the cup without giving him a chance to object, but you immediately implement humor. Hold the glass over one eye, looking through the bottom. You go back to offering him a choice. He can either have you take down the glass cup, or he can take down the plastic cup. You stay calm and unemotional. Just remember that if you yell right back at your child, you are NOT in their world. You are raising the stress levels and throwing away your opportunity to either enjoy your child in the moment, or train him to understand a basic household rule. He teaches parents how to overcome the normal problems that every Mom and Dad faces with kids by learning better communication skills.

### Chapter 3 : Tell me your 3 year old/ 4 year old's schedule!

*If your little guy insists on feeding himself, sending peas and carrots everywhere, he's right on track. Most 3-year-olds can feed themselves with a spoon or fork and drink from a regular cup.*

Posted in Legacy Academy With the advent of new preschool programs popping up in big cities all over the country, new parents are asking each other the same thing- is it worth it? Multiple studies affirm the benefits of preschool for children. However, children are not alone in this; the entire family can benefit from preschool. **Preschool Ensures Academic Success** As a parent, you want to prepare your child for the academic success you know they can achieve. Many parents and teachers agree that enrolling children in a preschool program at three, helps them perform better once they reach elementary school. Preschool is often the first time that children interact with other children outside of their own family. Why not introduce your child to the world around them in an environment that is gentle and welcoming? Your child learns more than just their ABCs and s, they also make friends and learn important social cues such as sharing and personal space. You want to allow your child room to explore the world around them. Like why the sky is blue, and why the birds fly south for the winter. They want to know where the sun goes at the end of the day, and why it rises in the morning. **Preschool Provides Your Child with a Safe, Structured Environment** Enrolling your three-year-old in preschool gives them a safe and secure environment where they can feel free to learn and grow. For example, preschools often teach the basics of personal safety, such as what to do in a fire or when approaching a stranger. Enrolling your child in a preschool program gives you more time to do the other things you love. **Preschool Allows Parents to Connect with Their Children** Even though you are not with your three-year-old all day, preschool still helps you connect with your child. Although they might be intimidated at first, your child will soon realize that preschool is fun. As a result, they begin to bring that fun home with them. The stories they tell, the crafts they make, and knowledge they share help you communicate with your child in new and exciting ways. At this age, learning is a vital part of their growing. There are numerous benefits associated with preschool, and knowledge is the most important one. Enroll your child today.

### Chapter 4 : Preschool Early Education for Year Olds | KinderCare

*A three-year-old is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with. At the heart of the three-year-old's personality is often an emotional insecurity—and this causes a host of problems for parents! Drs. Ames and Ilg.*

The four top peeves of parents with threenagers 1. They have learned lots of new words and suddenly start talking properly. Naturally they want to use this emerging skill. Put yourself in their shoes. Suddenly you are handed the gift of speech. They just want to keep the conversation going. I have found that I can often distract a three year old from the never-ending litany of why by asking them a question back. In about 10 years time there will come a stage when the most you will hear from your child are monosyllabic grunts. Make the most of these precious moments of connection and conversation. As a result they are becoming more independent and want to do everything for themselves. Remember that they are still developing their fine motor skills. For example your child will probably want to put their own clothes on, but it will take them a lot longer to get everything on and fastened. Try to remember that this growing independence is a good thing. Children need lots of encouragement and practice to develop skills. At the same time they can also be rebellious and defiant. Understand that their brains are still developing. They are still learning what the rules are, what they mean, and if they can be bent. Try not to take this behavior personally. Three is a time of growing independence and testing boundaries. You can help by staying calm and consistently setting respectful limits Aha! Parenting has a really helpful post about setting limits. Your three-year-old is a drama queen A three year old can be incredibly dramatic. One minute they are happy and the next minute they are throwing the mother of all tantrums, because their red sweater is in the laundry. I have read a number of hilarious posts about the things that cause meltdowns in preschool children. Here are a few of my favourites. The blue spoon is in the dishwasher. He wanted the milk on the top of the cereal bowl, not the bottom. Try to keep your sense of humor. Although something may seem trivial to us it is not so easy for a 3-year-old to accept that their favourite spoon is in the dishwasher. I raised three boys, so I know firsthand that three year olds can be exhausting and can drain you of every drop of patience you possess. Still can I make a plea on their behalf? Let them be who they are Take some time to understand why they behave the way they do, so you can empathize and understand the developmental process that they are undergoing. Raising young children is wonderful, but can also be exhausting.

### Chapter 5 : Everything You Need to Know About Your Three-Year-Old

*Your Three Year Old. As a parent of a three year old you may begin to notice your child calming down a bit! Much of the erratic, unpredictable, and negative toddler.*

Although children develop through a generally predictable sequence of steps and milestones, they may not proceed through these steps in the same way or at the same time. The information in this guide explains what child development experts consider to be "widely-held expectations" for what an average child might achieve within a given year. Below is a snapshot of this year. For more in-depth information click on the specific areas of development in the menu at the left. How your child may develop this year Three-year-olds learn primarily through exploring, using all the senses. While playing, they are better able to ignore distractions and focus on the task at hand. They will even persist in completing something that is a bit difficult and can think more creatively and methodically when solving problems. Language for three-year-olds is taking off. They learn lots of new words and make major improvements in pronunciation. They communicate in simple sentences and are refining their use of grammar. Children this age begin to initiate conversations, want to talk about areas of interest and can relate personal experiences to others with the support of some prompting from grown-ups. Three-year-olds are also able to listen to and understand conversations, stories, songs and poems. They are learning their letters, but may also refer to numbers as "letters. They also realize that print in books tells a reader what to say. During the year, scribbles begin to appear more like letters and children may string several of these "letters" together to form mock words. They become aware of the uses for writing and may dictate words for adults to write down. Children this age develop their logical reasoning skills as they play. They can put together simple puzzles and understand that a whole object can be separated into parts. They are able to classify and sort objects, but usually by only one characteristic at a time. Three-year-olds identify and describe objects that are the "same" or "different. Physically, three-year-olds are less top-heavy than toddlers and move with greater sureness. They have improved their abilities to run, climb and perform other large-muscle activities. They can ride a tricycle or pump a swing. They can catch a large ball using two hands and their bodies. Improved finger dexterity allows them to put together simple puzzles, use tools, hold crayons with fingers instead of fists, make balls and snakes out of clay and undress without assistance. Emotionally, three-year-olds need familiar adults nearby for security as they explore and play. As they develop more independence, children this age begin to have real friendships with other children. When conflicts arise with peers, three-year-olds will typically seek adult assistance. They are learning to recognize the causes of feelings and will give simple help, such as a hug, to those who are upset. Three-year-olds can better manage their emotions, but may still fall apart under stress. Three-year-olds build on their abilities in the creative arts by developing greater control over their voices and by recognizing, naming and singing their favorite songs. They can play simple rhythm instruments with a developing ability to control beat, tempo and pitch. Their art also begins to include recognizable subjects. Three-year-olds love dramatic play and will sometimes get so involved in their imagined scenarios that they continue their roles even after the play stops. They also prefer to use real objects and costumes in their pretend play. Support for PBS Parents provided by:

### Chapter 6 : [www.nxgvision.com](http://www.nxgvision.com): Customer reviews: Your Three Year Old

*Your Three Year Old: Friend or Enemy by Louise Bates Ames, Frances L. Ilg A three-year-old is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with.*

### Chapter 7 : Your Three-Year-Old: Friend or Enemy by Louise Bates Ames

*Your three-year-old is a drama queen A three year old can be incredibly dramatic. One minute they are happy and the next minute they are throwing the mother of all tantrums, because their red sweater is in the laundry.*

**Chapter 8 : Ages & Stages: Your Three Year Old**

*The typical three year old wants to please and do things right. Parents aware of this desire to please can use positive reinforcement, encouragement, and praise as behavior management techniques quite successfully with this age group.*

**Chapter 9 : Activities for 3 Year Olds “ Free Online Activities for Three Year Olds “ JumpStart**

*5. Have Reasonable Expectations for Your Child. A three-year-old is not going to listen % of the time. It's just not going to happen. They don't have impulse control like an adult does, so even if they KNOW they're not supposed to do something, sometimes they just can't help themselves.*