

DEVELOPMENTAL MILESTONES

LITTLE STEPS TO BIG LEAPS

36 Months



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Pick n Pay
School Club 

The Development Milestones kindly provided by Associate Professor Catherine Draper

36 Months

FINE MOTOR DEVELOPMENT



INDICATORS:

Can do and undo buttons and undo a zip
Uses a spoon and a fork, with some mess

Folds paper straight

Holds a pencil / crayon and scribbles

HOW TO HELP:

Give them buttons to practice
Let them practice zipping

Let them practice folding any kind of paper

Encourage them to scribble with a pen, pencil or crayons on any kind of paper

36 Months

GROSS MOTOR DEVELOPMENT



INDICATORS:

Balances on 1 leg for a few seconds
Jumps forward on 1 leg for a few steps
Tries to skip

Catches a ball against the body
Kicks a ball at a target, sometimes misses

HOW TO HELP:

Spend time doing active play with them to practice balancing, jumping, and skipping

Help them practice catching, throwing and kicking a ball at a target, e.g. between 2 chairs
If they struggle with catching a ball, use a bean bag instead

36 Months

COGNITIVE DEVELOPMENT



INDICATORS:

Identifies and matches basic colours

Names 11 objects and 7 actions correctly

Understands up, under, in front, behind, on top

Tells difference between a circle and square

Builds a 2-3 piece puzzle

HOW TO HELP:

Get them to identify colours, objects and actions when reading a book or magazine

Practice using prepositions

Use things around the house to help them to identify and compare different shapes

Make a small puzzle from a magazine picture or box

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SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:

Able to express some emotions with words

Developing a sense of self

Plays close to other children

HOW TO HELP:

Encourage them to say how they are feeling

Encourage 'pretend' play

Encourage them to play with small groups of children



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1 2 3

NUMERACY



INDICATORS:

Counts up to 3

Shows age on fingers

Better understands few / many

HOW TO HELP:

Practice counting with them

Help them practice showing their age on their fingers

Practice comparing few and many things at home

36 Months

LANGUAGE AND LITERACY



INDICATORS:

Has vocabulary of 1000 words

Understands questions: what, where, who

Points out objects they know
Knows a few rhymes / songs

HOW TO HELP:

Talk, sing, read and tell stories with them to increase their vocabulary

Encourage them to ask questions

Regularly ask them to identify and name familiar objects

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