

# 36-Month Visit



PEDIATRIC CARE • SUPPORTING • PARENTING  
A Program of ZERO TO THREE

### Language

Your child is starting to use language in creative ways now.

Join them in their imaginative play. Act out a made-up story or one they already know: "You know the story about Goldilocks? Let's play pretend. Do you want to pretend to be Goldilocks or one of the bears?" After your child chooses, ask: "Who should I be?" Take turns acting out the story.



### Science and Math

Bath time is a great time to explore scientific concepts such as *sinking* and *floating*. Bring different toys to the tub and experiment. Talk about which items *sink* and which *float*: "Look, the rock *sunk* under the water. The rubber ducky is *floating* on top." Do this with other items that *sink* and *float*. Then show your child an object and ask, "Do you think this will *sink* or *float*?" This activity will help develop their ability to predict. It's OK if they don't get it right. Just let it go and say, "Oh it didn't *float*, what did it do?"



### Managing Feelings

Games such as "Red Light, Green Light" can help a child learn to control their bodies, can help them learn to stay in charge of their feelings and actions too. Explain the rules of the game. The grown-up can be the traffic light and the child is the car. The car can only go when the light is green and must stop when the light is red. Explain that you'll call out the color. Be sure to give your child a turn at being the traffic light. They'll love telling you what to do.



### Good books to read at this age:

- *The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* by Audrey Wood
- *Owl Babies* by Martin Waddell
- *Please, Baby, Please* by Spike Lee
- *Lola Reads to Leo* by Anna McQuinn



### Problem-Solving

By this age your child is old enough for a simple puzzle. Glue a photograph or a picture cut from a magazine onto a piece of cardboard and then cut it into 3-4 pieces. Work together to figure out how to put the pieces together.



### Physical Skills

Your child is more physically engaged now—running, climbing stairs, and stringing beads. Their large and small muscles have really developed over the past six months. Offer a ball for your child to kick around or invite them to work out with you. You can lead them in doing sit-ups, push-ups, and jumping jacks. You'll get some exercise and they'll love joining your workout.



### Art and Music

Now that your child is older, consider a different kind of dance party. Play different types of music, dancing quickly with your child to the fast-paced songs and slowly to the mellow ones. Clap along and stomp your feet. You can also try playing "freeze dance." Play a song and instruct your child to stop dancing and freeze when you turn it off for a few seconds. Then start it up again. This gives your child a chance to control their body as they do in "Red Light, Green Light."

