

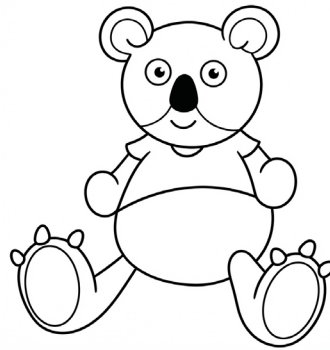
Amazing Me

It's Busy Being 3!



Illustrated by
Allison Valentine

Written by
Julia Cook and
Laura A. Jana, MD



Joey is the star of this story, but I'm Joey's best pal, Bear!
I go with him almost everywhere.

Look for me in the story.

When you find me, it means Joey is showing one of
the AMAZING things he can do now that he is 3!



My name is Joey, and I am AMAZING.
I am 3 years old. That means I am one more than 2.

This is MY world...it's very busy being 3! I've got lots of places to go
and people to see. I love my world because I am the star.



Every day when I wake up, the first thing I do is get dressed.
I can put on my clothes all by myself, and I do an AMAZING job.

“It’s too cold to wear shorts when it’s snowing outside, and you shouldn’t wear
your cowboy boots without socks,” says my mom.



“Yes, I can!”

“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”



“...and I’m your mom.
It’s my job to make sure
you wear the right clothes.
You need to dress warmly
from your head to your toes.”

This is my favorite hat. I love it so much
I never want to take it off. With my hat on, my
mom says I'm AMAZING...with a cherry on top!

My mom and dad tell me that when I grow up,
I can be anything I want to be. I must be
AMAZING because I can do that right now.



I can be a policeman.



I can be an astronaut.



I can be a teacher.



I can be a doctor.

I can even be the KING!



When I am the King, my friend Bernice can be the Queen!

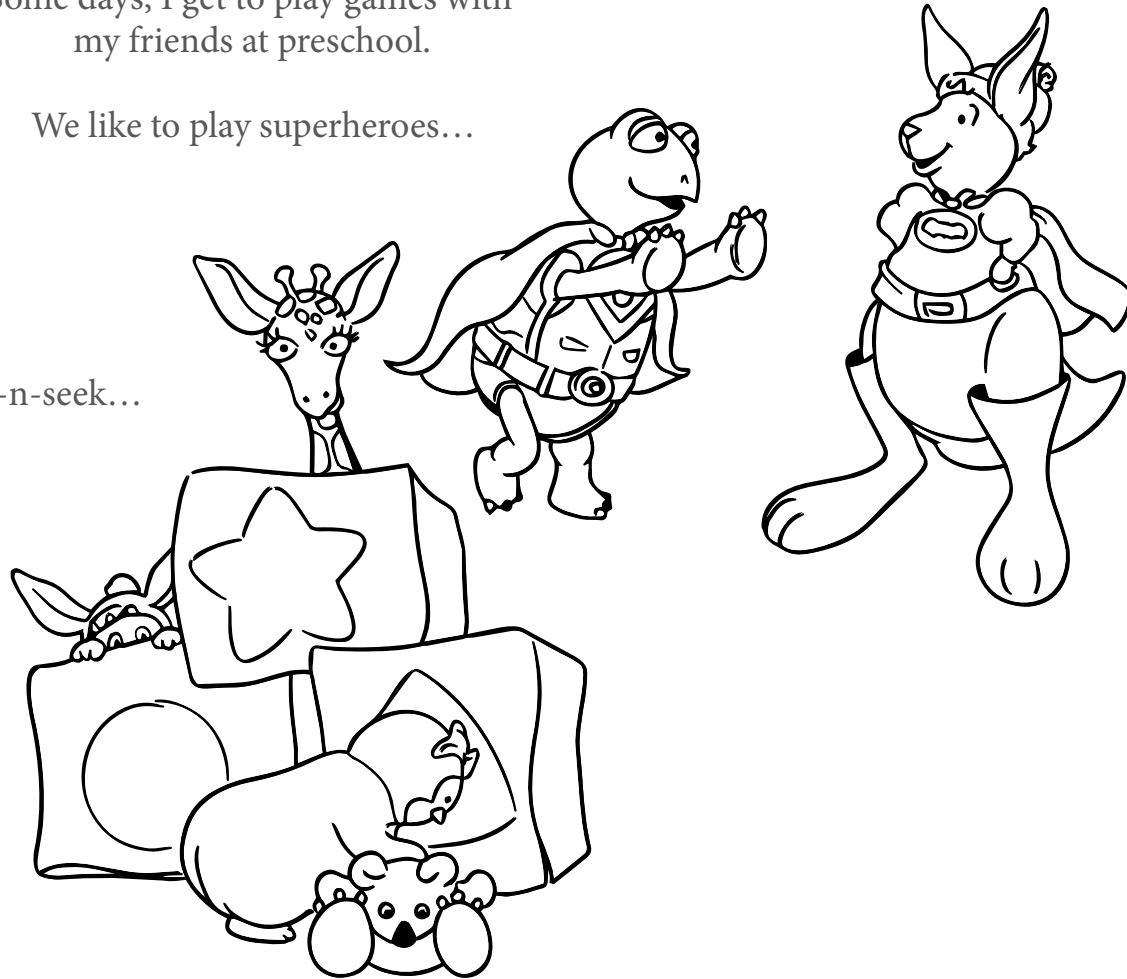
Milestone Moment: Joey plays make-believe

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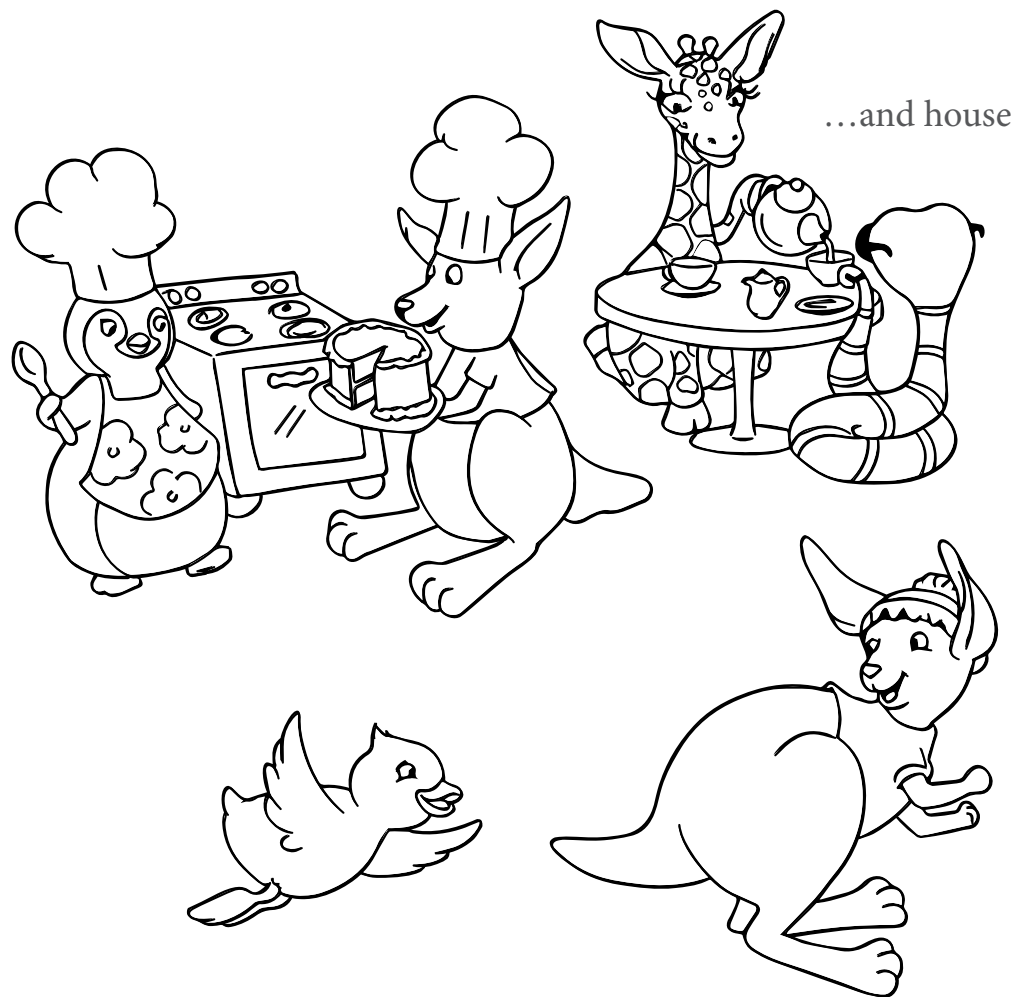
Some days, I get to play games with
my friends at preschool.

We like to play superheroes...

and hide-n-seek...



Milestone Moment: Plays next to other children and sometimes plays with them



I am AMAZING at playing games.



When we play duck, duck, goose,
I REALLY love to be first.

“You can’t be first *all* the time,” says my teacher.

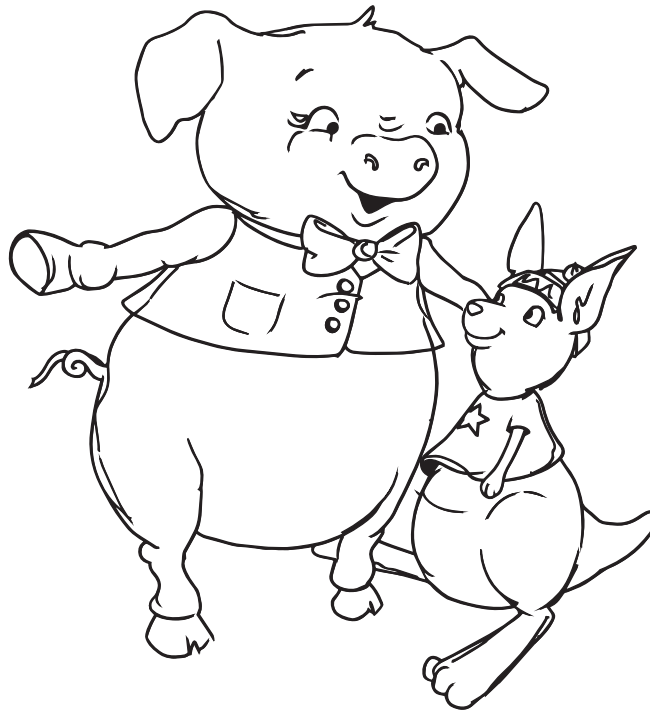
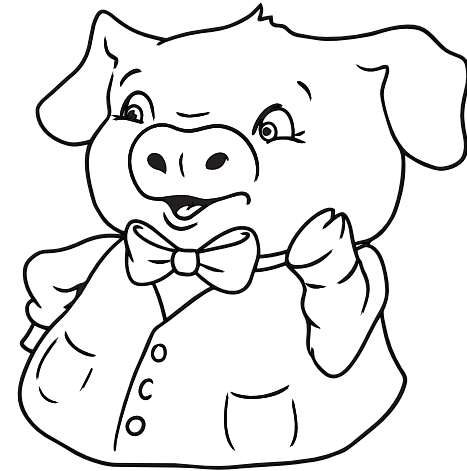


“Yes, I can!”

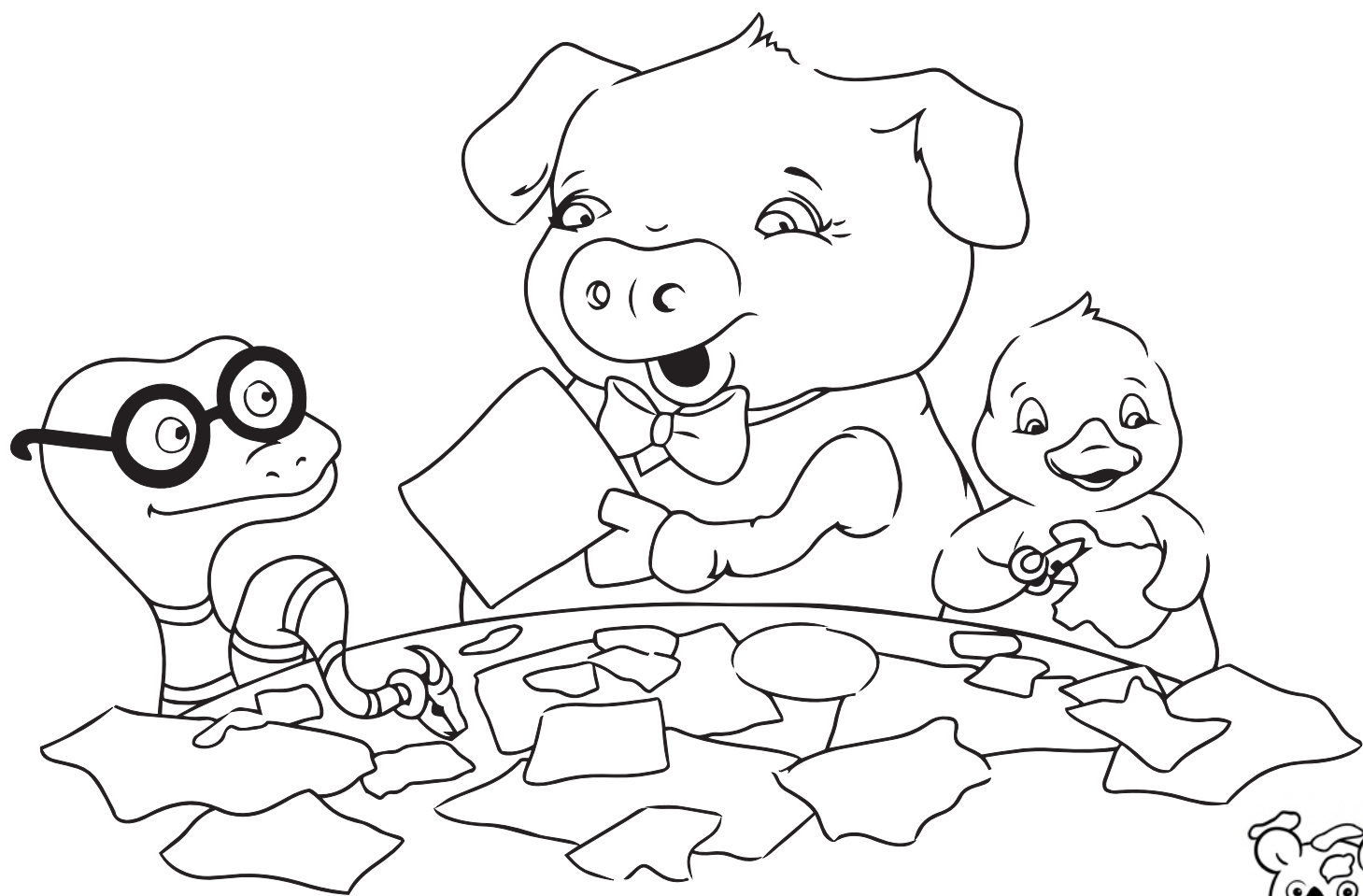
“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”

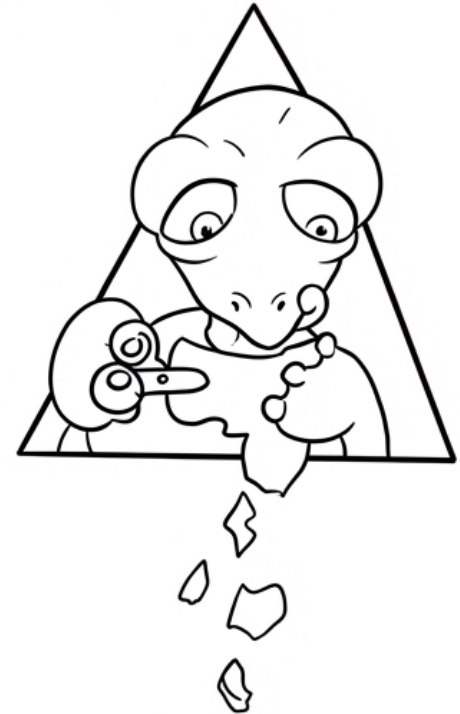
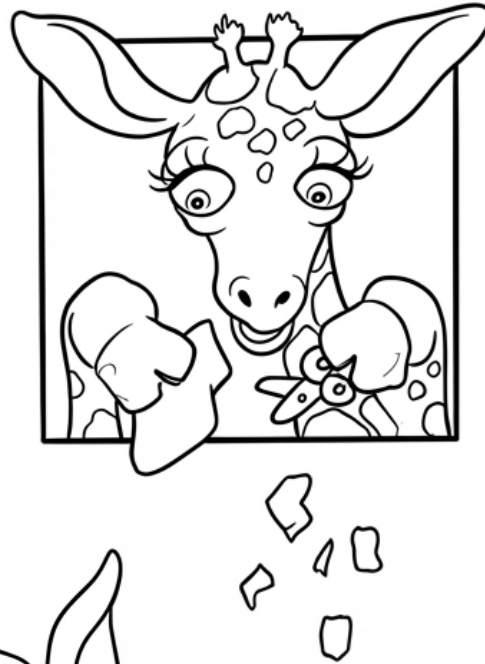


“...and I’m your teacher.
It’s my job to teach you
how to play fair.
Let others be first, and
show them you care.”

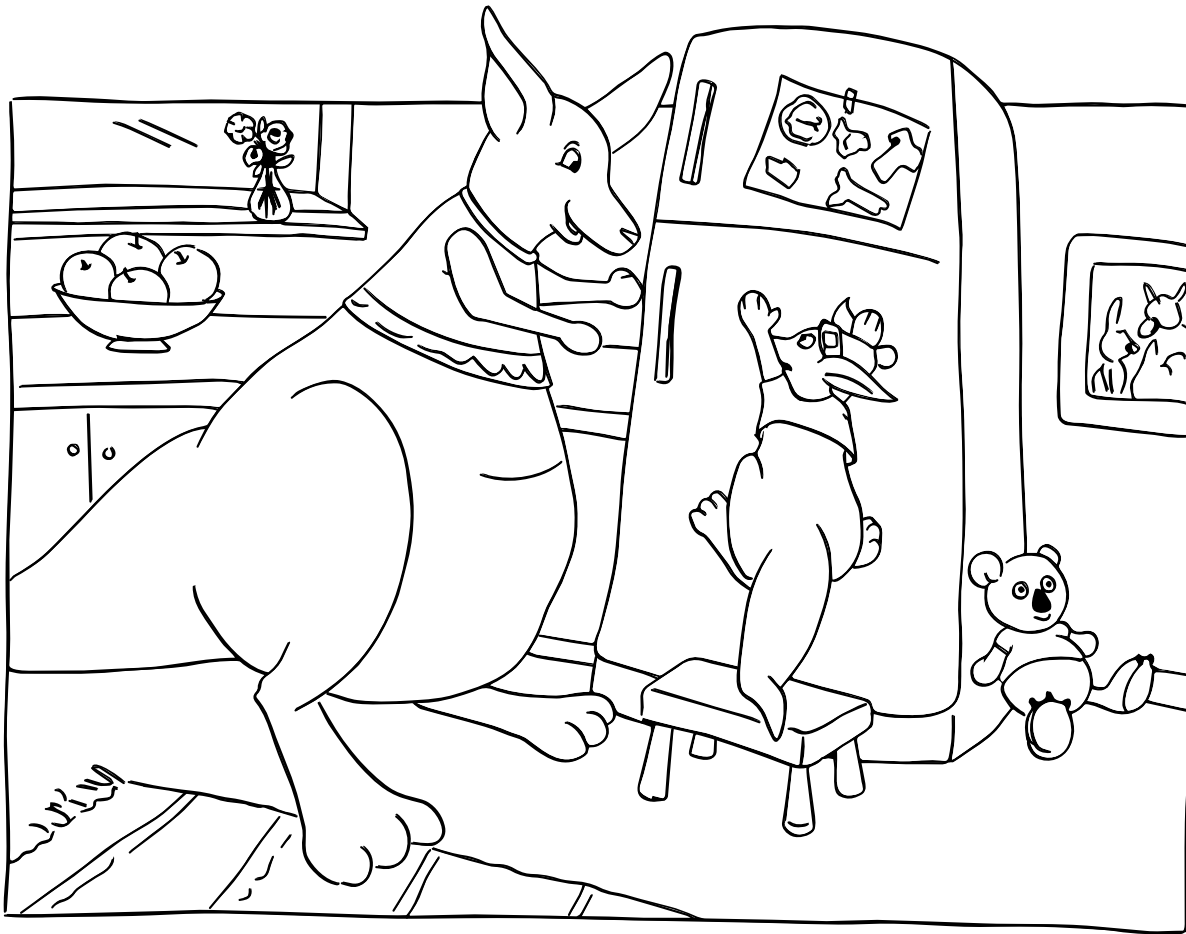


Today, we even got to use safety scissors at school.





My teacher said I am
AMAZING at cutting.



When my dad got home, I wanted to show him what I did.

“I don’t think you can reach that all by yourself,” said my dad.

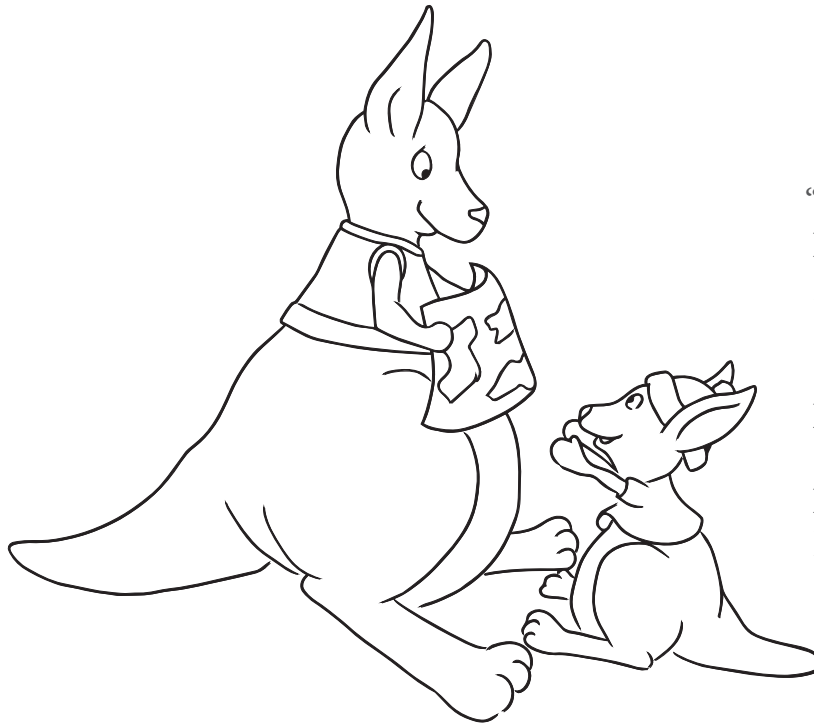


“Yes, I can!”

“I don’t think so...”

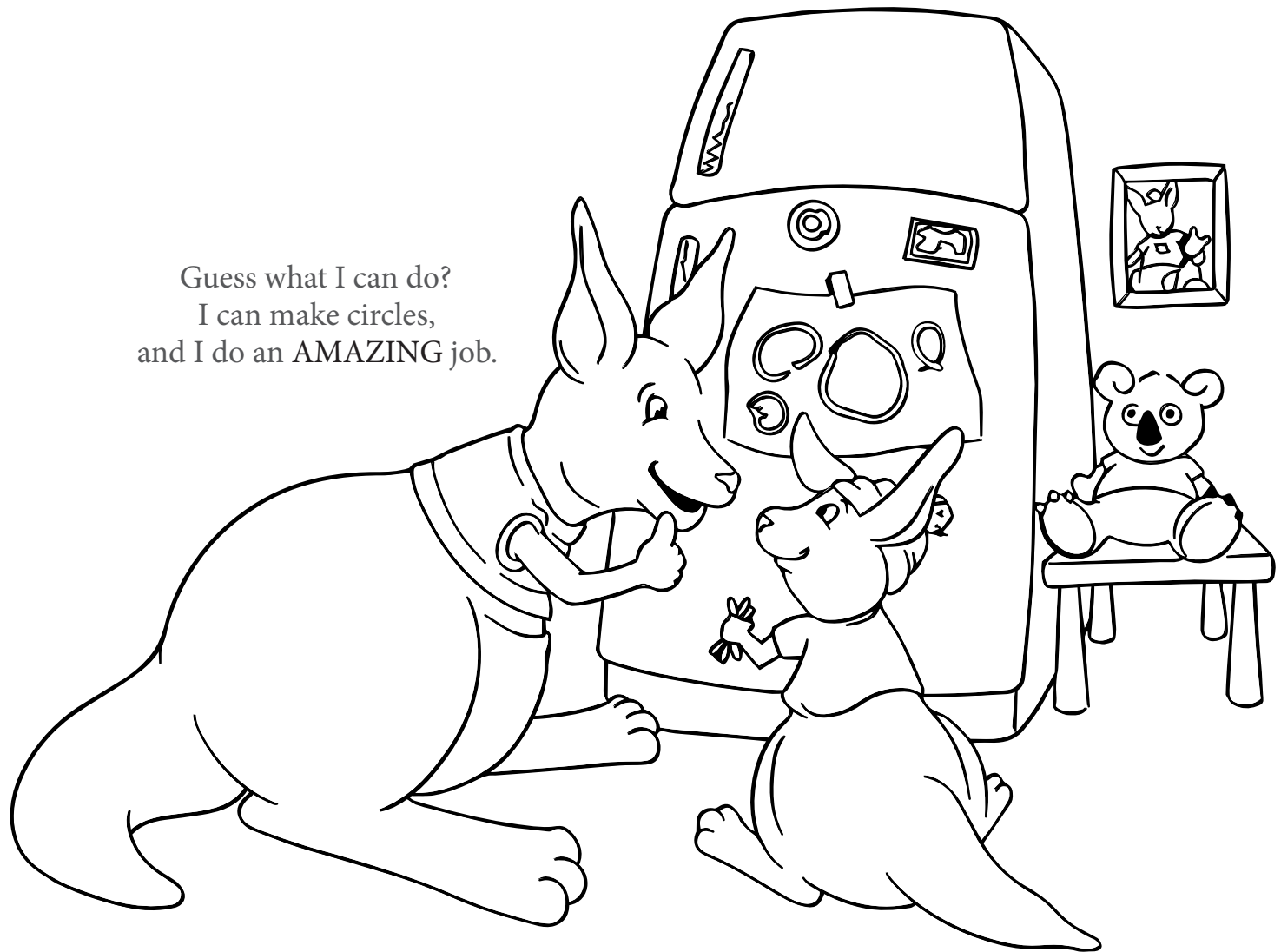
“But I’m a STAR!”

“Of course you are...”



“...and I’m your dad.
It’s my job to keep you safe
from all harm,
and climbing too high is
cause for alarm!
Let me get your picture
down for you.
I can’t wait to see what you’ve
learned how to do!”

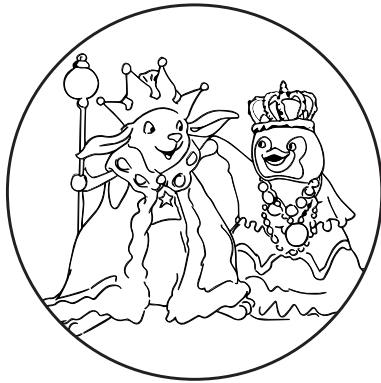
Guess what I can do?
I can make circles,
and I do an AMAZING job.





And I can read, too! I am an AMAZING reader.

Milestone Moment: Joey tells a story while pretending to read



Plays make-believe



Tries to use safety scissors



Tells a simple story



Today was an extra special day.
This afternoon, I got to go see
my doctor for a checkup.

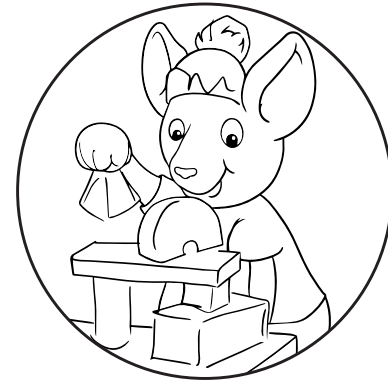
My mom and dad told her about all the things
I can do now that I'm 3. The doctor was happy
with how AMAZING I can be.



Shows independence



Shows concern for a crying friend



Builds towers with blocks



Before dinner, my mom and I baked cookies.

“You can’t eat just cookies for dinner!” says my mom.

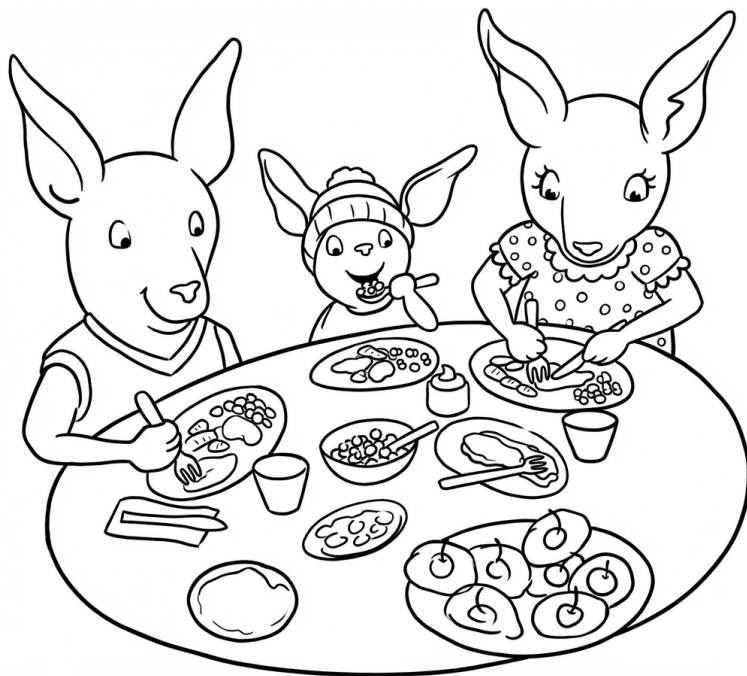


“Yes, I can!”

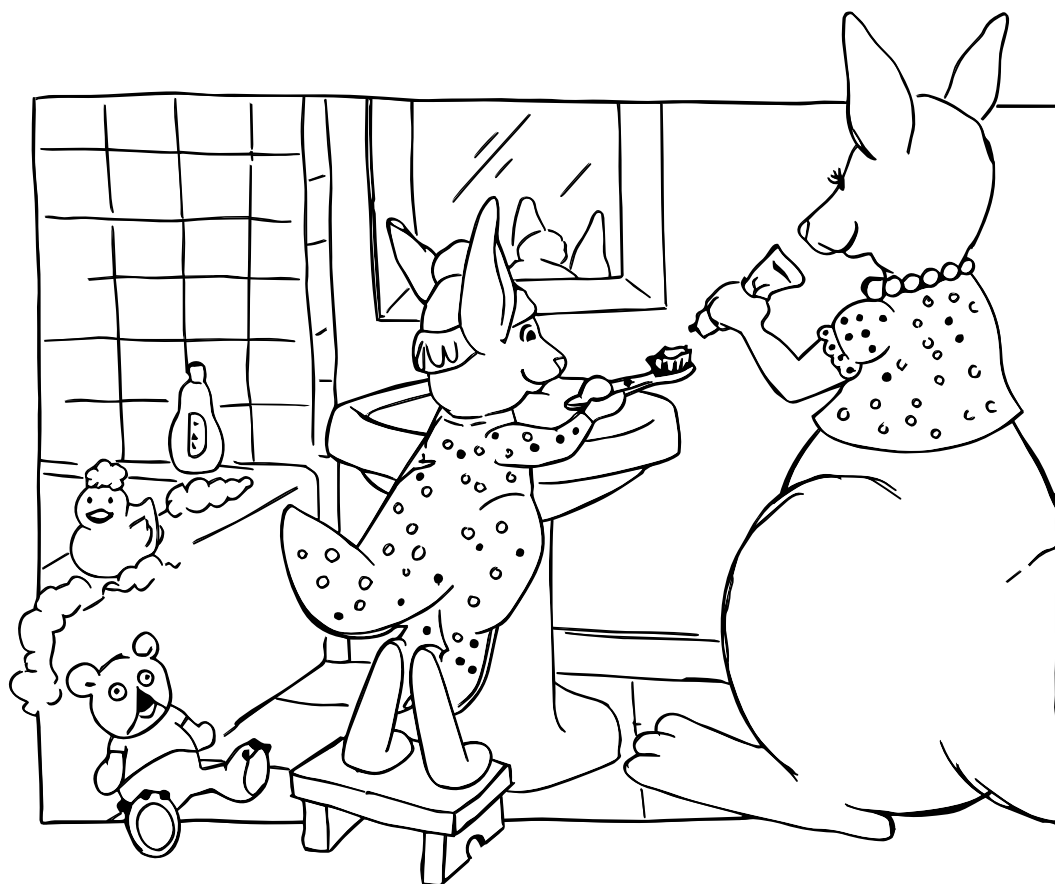
“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”



“...and I’m your mom.
It’s my job to make sure
you eat just right,
so taste those peas
without a food fight.”



Every night when it's time to go to bed, I get to brush my own teeth.
I am an AMAZING brusher!

"Here, let me do the toothpaste," says my mom.



“But I can do it all by myself!”

“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”



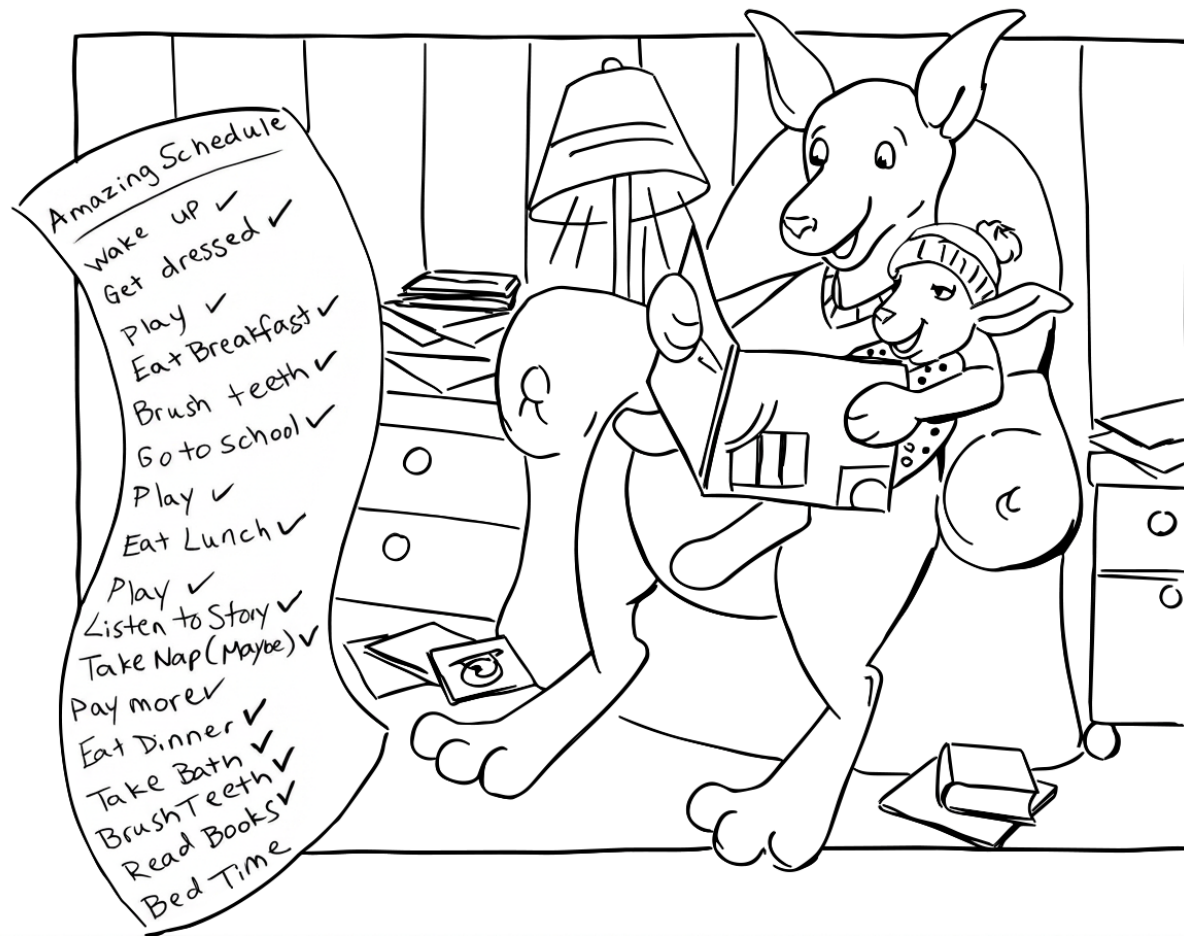
“...and I’m your mom.

It’s my job to help put the paste on your brush.

I have to make sure you don’t use too much.

You do your best to get your teeth clean.

Then I’ll check your work – we make a GREAT team!”



It's so busy being 3. My day is about done.

"One more book and then it's time to go to bed," my dad says to me.



“But why? Why do I...
(yawn)...have to go to bed?
I’m not tired, and I want to
stay up longer!”

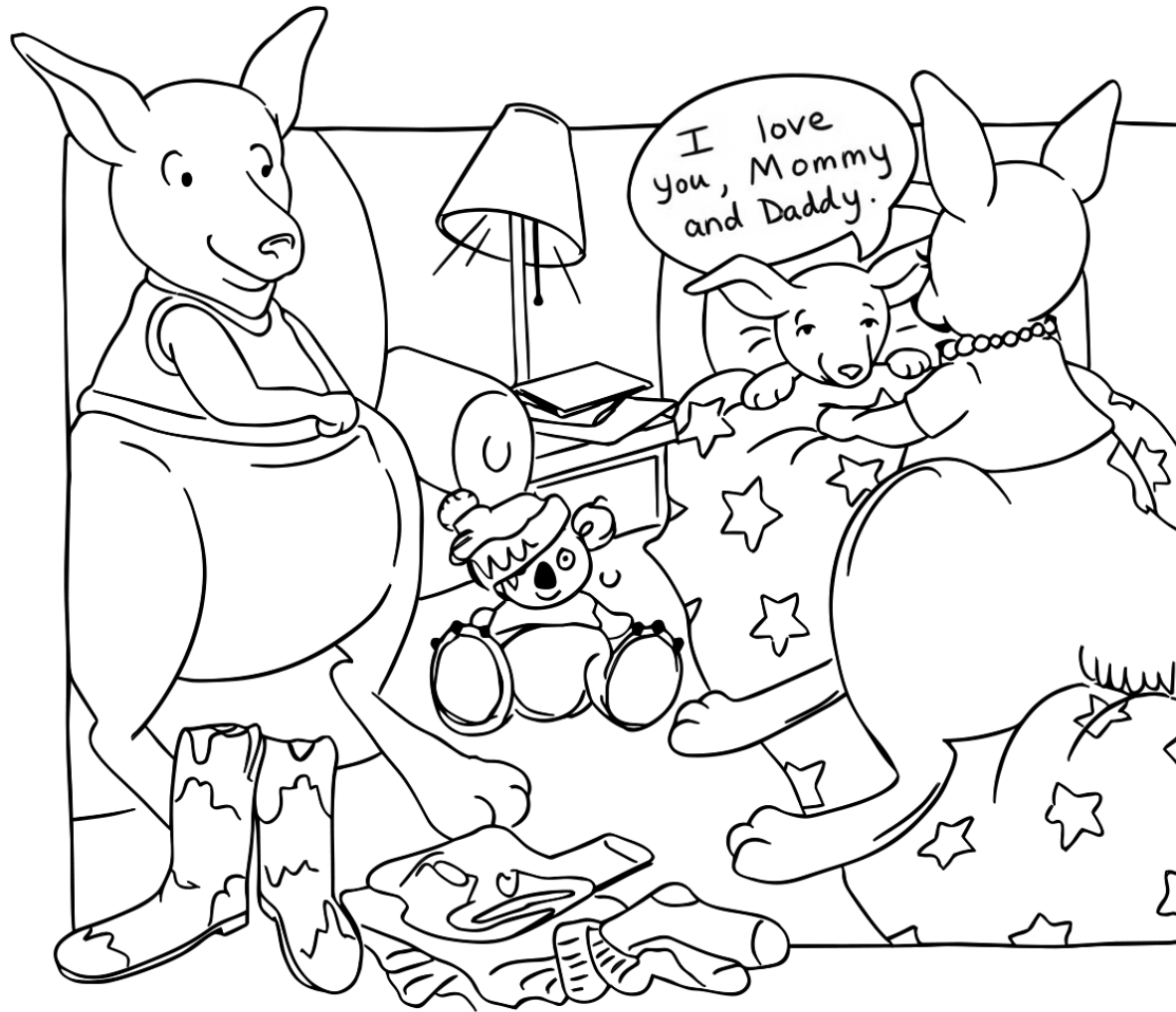
“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”



“...and it’s our job to make sure
you get enough rest.
If you don’t go to sleep,
you can’t be your best.
Remember, you’ve got
another big day ahead,
and you can’t be AMAZING
if you don’t go to bed.”



I'd better go to sleep, because I really do love to be AMAZING!



Milestone Moment: Joey says words like "I," "me," "we," and "you"

AMAZING Developmental Milestones

Watch and see if your 3-year-old child can do each of these milestones.

Take this book with you and talk with your child's doctor at every visit
about which milestones your child has reached and what to expect next.

For more milestones, tips, and other free materials, like CDC's free *Milestone Tracker* app, visit cdc.gov/ActEarly/Families or call 1-800-CDC-INFO (1-800-232-4636).



**Download CDC's free
Milestone Tracker app**



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Developmental Milestones for 3-year-olds

Social/Emotional

- ☐ Calms down within 10 minutes after you leave her, like at a childcare drop off
- ☐ Notices other children and joins them to play

Language/Communication

- ☐ Talks with you in conversation using at least two back-and-forth exchanges
- ☐ Asks “who,” “what,” “where,” or “why” questions, like “Where is mommy/daddy?”
- ☐ Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”
- ☐ Says first name, when asked
- ☐ Talks well enough for others to understand, most of the time



Cognitive (learning, thinking, problem-solving)

- ☐ Draws a circle, when you show him how
- ☐ Avoids touching hot objects, like a stove, when you warn her

Movement/Physical Development

- ☐ Strings items together, like large beads or macaroni
- ☐ Puts on some clothes by himself, like loose pants or a jacket
- ☐ Uses a fork



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Parenting Tips

How you can help your 3-year-old learn and grow:

- Encourage your child to play with other children. This helps him learn the value of friendship and how to get along with others.
- Talk about your child's emotions and give him words to help him explain how he's feeling. Help your child manage stressful feelings by teaching him to take deep breaths, hug a favorite toy, or go to a quiet, safe place when he is upset.
- Set a few simple and clear rules that your child can follow, such as use gentle hands when playing. If he breaks a rule, show him what to do instead. Later, if your child follows the rule, recognize and congratulate him.
- Read with your child. Ask questions, such as "What is happening in the picture?" and/or "What do you think will happen next?" When she gives you an answer, ask for more details.
- Play counting games. Count body parts, stairs, and other things you use or see every day. Children this age are starting to learn about numbers and counting.
- Limit screen time (TV, tablets, phones, etc.) to no more than 1 hour per day of a children's program with an adult present. Don't put any screens in your child's bedroom. Children learn by talking, playing, and interacting with others.
- Let your child help with making meals. Give him simple tasks, such as washing fruits and vegetables or stirring.

Concerned about your child's development?

If your child is missing milestones or you are concerned about your child's development, talk with your child's doctor, teacher, or other providers and ask about developmental screening. Don't wait. Acting early can make a real difference!

Visit **[cdc.gov/Concerned](https://www.cdc.gov/Concerned)** for more information on how to support your child or call 1-800-CDC-INFO (1-800-232-4636); agents speak English and Spanish.



“I learned a lot from this book! It shows you the typical things your child does day-to-day, but reminds you that they are important signs of development.”

– Mother of 3-year-old, North Carolina

“As a physician, I would welcome this book as a way to talk about development at well-child visits.”

– Misty Janssen, MD, Nebraska

“My kids were really excited about this book. It was a lot of fun reading it to them, and they wanted to read it again afterward!”

– Mother of 2-year-old and 3-year-old, North Carolina

“*Amazing Me* highlights important steps in every 3-year-old’s development.”

– Judy Shaw EdD, MPH, RN, FAAP, Co-Editor,
Bright Futures Guidelines, 3rd Edition



In this story, an amazing kangaroo named Joey shows all of the amazing things he can do now that he is 3 years old.

Parents, this book will show you what to look for as your child grows and develops.

Ask your child to find the koalas. Each page with a koala  also has a star  and milestone at the bottom just for you. See if your 3-year-old child is able to do some of the same things as Joey.

For more information about child development, go to www.cdc.gov/AmazingBooks.

Supported by the American Academy of Pediatrics Bright Futures initiative through a cooperative agreement with the Health Resources and Services Administration.



Centers for Disease
Control and Prevention
www.cdc.gov/amazingme
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