In one amazing day a child can show us so much. Watch for new milestones every day.

These amazing things are called developmental milestones (how a child plays, learns, speaks, acts, and moves).

First steps, first words, and using the potty for the first time are all developmental milestones.

Other developmental milestones, like the ones in this book, may not be as easy to see, but they are just as important for your child’s development.

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.

Also be sure to turn to the end of the book for:

- 3-year-old milestones,
- tips and activities to support your child’s development,
- to find out where you can go for more information.

Happy reading!

Georgina Peacock, MD, MPH, Developmental Pediatrician
Katie K. Green, MPH, CHES, Health Communication Specialist

Centers for Disease Control and Prevention
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.

Milestone Moment: Joey shows one of a wide range of emotions
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.

**Milestone Moment:** Joey shows he can do more and more things on his own by dressing himself

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

We like to play superheroes…

and hide-n-seek…

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.

Milestone Moment: Begins to take turns in games

“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.
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.
Before dinner, my mom and I baked cookies.  
“You can’t eat just cookies for dinner!” says my mom.

“Milestone Moment: Joey follows instructions with two or three steps

“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.

“...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!”

Milestone Moment: Shows independence by trying to brush his own teeth
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!

**Developmental Milestones**

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

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

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).
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
**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.

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**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](http://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.
The AMAZING authors and illustrator!

About Julia Cook

Julia Cook is well-recognized as a national award-winning children’s book author who has presented in more than 600 schools across the country, regularly delivers keynote addresses at national education and counseling conferences, and already has 19 published children’s books. The goal behind all of Julia’s books and efforts is to actively involve young people with her fun and creative stories and teach them to become “better.” Inspirations for her books come from working with children and carefully listening to parents and teachers. Julia’s books have been referenced in such publications as Parents magazine, The New Yorker, and babyzone.com. In her spare time, Julia enjoys spending time with her husband and three children in Fremont, Nebraska.

“In order to teach children, you must enter their view of the world.”
- Julia Cook

About Laura A. Jana, MD

Dr. Laura Jana is a nationally recognized pediatrician, parenting expert, and the award-winning author of Heading Home with Your Newborn (AAP, 2nd Ed., 2010) and Food Fights (AAP, 2007). After serving as a consultant to Dr. Benjamin Spock early in her career, she now serves as a media spokesperson for the American Academy of Pediatrics, blogs for the Omaha World-Herald and WebMD, and is an expert consultant for academic organizations, nonprofits, and major corporations alike. In addition to regular appearances as the parenting expert on Omaha’s NBC affiliate, Dr. Jana has also appeared on Today, CNN, and Good Morning America, and been featured in publications such as Parents magazine, USA Today, People, Time, and The New York Times. She is the owner of Primrose School of Legacy – a 200-student educational child-care center – and the proud mother of three. As a longstanding advocate for early literacy and co-creator of Amazing Me, she is excited to add published children’s book author to her list of professional endeavors.

About Allison Valentine

Allison Valentine is an artist and illustrator who spends her time creating fun and colorful artwork from her Connecticut studio. She has illustrated multiple children’s books, including several of Julia Cook and Laura Jana’s previous books, and has also received the AEP (Association for Educational Publishers) Distinguished Achievement Award.

“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

“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.

“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

Download CDC’s free Milestone Tracker app

Get the free Milestone Tracker app built by CDC.