

SPECIFIC ASPECTS OF THE DEVELOPMENT, BEHAVIOR, AND ACTIVITIES OF THREE-YEAR-OLD CHILDREN

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<https://doi.org/10.5281/zenodo.15389272>

Abstract. *Three-year-old children undergo many physical, mental, and emotional changes during their development. During this period, children become more independent, their vocabulary expands, and their social interactions develop. This article provides information about how three-year-olds develop, their interests, and their unique characteristics.*

Keywords: *three-year-olds, educational activities, colors, shapes, art activities, stories, sensory play, puzzles, constructive play, physical development, independence, language and communication, emotional development.*

According to most psychologists, this is a natural state and is very necessary for the child's mental development. A child has a crisis at 1 year old, 3 years old, 7 years old and in adolescence. Not all parents know what to do during a crisis in 3-year-old children.

If your child over 3 years old is capricious and refuses all offers, he may be going through a 3-year-old crisis. During this period, the child begins to perceive himself as a person, not a part of his mother. He understands that he has his own desires and thoughts. However, he does not yet know or understand that no matter how he behaves, everything will be fine. That is why he can do anything to avoid being silent - argue, cry, fuss.

So, what are the signs of this crisis?

The development of three-year-old children mainly consists of the following:

Physical development: At this age, children grow rapidly and can observe improvements in their motor skills. They acquire skills such as running, jumping, and walking upright. Motor skills such as using their hands, grasping small objects, and drawing also develop.

Intellectual development: Three-year-olds learn many new words, their vocabulary increases significantly. They are able to form simple sentences, answer questions, and express their thoughts. Children begin to form sentences of 2-3 words.

Social and emotional development: At this age, children learn to play with other children and work in groups. They understand and express their feelings, but sometimes they may have difficulty managing their emotions. Social skills develop through play at home and with friends.

Independence: At this age, children begin to become more independent, such as doing simple tasks such as dressing themselves and bathing themselves. At this age, children also expand their worldview through a variety of games and activities. Three-year-olds also develop a very rapid memory, and they can begin to recall experiences and talk about things that happened in the past. Children at this age begin to understand simple cause-and-effect relationships, such as, "If I press this button, the toy will make a noise."

Autonomy and Behavior Development:

Self-Regulation: While a 3-year-old is still learning to control their impulses, they can understand the concept of waiting their turn and following simple rules.

Behavioral problems: Temper tantrums are common as children struggle to manage their emotions and gain independence. They may test their boundaries, often seeking consistency in adults' expectations and responses.

Self-identification: Three-year-olds are beginning to understand themselves as separate individuals. They can begin to express their likes and dislikes and take pride in their accomplishments (e.g., "Look, I did that!").

When raising three-year-olds, the main focus should be on their emotional, social and cognitive development. At this age, children begin to understand their feelings and establish relationships with other people. It is useful to follow the following tips:

Play and activities: For children, play is the main means of learning. They learn new things through games, and develop language and motor skills.

Rules and boundaries: It is important to set simple but firm rules for children to form concepts of right and wrong. This teaches them to control their behavior.

Emotional support: 3-year-olds can often feel anxious or uncomfortable, so it is important to understand their feelings and approach them with kindness and patience.

Social Skills Development: They need to be taught to relate to others and express their thoughts.

Language and Communication: It is important to interact with children, read to them, and tell them stories to develop language. At this age, it is important to focus on building a child's self-confidence and a strong psychological state.

Information about fun educational activities for three-year-olds

Educational activities for three-year-olds help develop their motor skills, thinking, and language. At this age, children learn a lot through play. Below are some fun and useful educational activities for 3-year-olds:

Playing with colored cards: Sorting and naming colored cards or plastic shapes teaches children about colors and shapes. In addition, reading short, easy stories to children helps them develop their language and teaches them to listen.

Musical activities: Playing with simple musical instruments (bagels, tambourines, maracas). This helps children develop an interest in music and learn rhythm.

Sensory games: Creating sensory containers to feel different textures (wood, plastic, fabric, sand). This activity develops children's senses and control.

Puzzles and construction games: Assembling simple puzzles or building different shapes from large blocks. This teaches children logical thinking and problem solving. Math concepts through play: When working with small numbers, for example, counting simple numbers, learning the concepts of "more" and "less".

Practical skills training: Children are regularly taught to dress, put away dishes, and be independent. These activities are not only fun for children, but also support important developmental milestones for them. In the process of play, children learn new skills and begin to understand the world around them more deeply.

Conclusion: By the age of three, children enter an important stage of physical, mental, and emotional development. During this period, their motor skills improve, and skills such as strength and balance develop. There are also significant advances in speech development, as children understand simple sentences and try to express their thoughts clearly. According to the conclusion of the article, at the age of three, children enter important stages of physical and mental development, which will become the foundation for their future development.

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