

Language Milestones Tracker (Age 3)

Track your child's speech and language progress month by month

Expressive Language (What They Say)

- Uses 200+ words
- Speaks in 3–5 word sentences
- Asks questions (what, where, why)
- Uses pronouns (I, me, you, mine)
- Tells simple stories or describes events
- Names familiar objects and some colors
- Sings parts of familiar songs

Receptive Language (What They Understand)

- Follows two-step directions
- Understands simple questions (who, what, where)
- Knows names of body parts and animals
- Understands in, on, under
- Listens to short stories with interest
- Understands mine vs. yours

Speech Clarity

- Familiar adults understand ~75% of speech
- Strangers understand ~50–75%
- Some sound errors are normal (w for r, t for k)

10 Activities That Build Language

- Narrate your day — describe what you're doing out loud

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- Expand sentences — repeat their words back with 1–2 more words
- Read together 10–15 minutes daily
- Ask open-ended questions (what, how, tell me about)
- Sing songs and nursery rhymes
- Play pretend (cooking, shopping, doctor)
- Name feelings (“You look frustrated”)
- Give choices (“Red cup or blue cup?”)
- Play I Spy with descriptions
- Wait and listen — count to 5 before jumping in

When to Talk to Your Pediatrician

- Fewer than 200 words or no 2-word phrases
- Not understood by familiar adults most of the time
- Does not follow simple directions
- Does not respond to name or avoids eye contact
- Lost words or skills previously had
- Stutters for more than 6 months with frustration

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