

# Preschool Skills Checklist (Age 3)

A simple parent guide to track developmental milestones

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## Language & Communication

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- Speaks in 3–5 word sentences
- Follows two-step directions
- Names familiar objects (cup, dog, car)
- Enjoys being read to
- Recognizes own name sometimes
- Sings parts of familiar songs

## Early Math & Numbers

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- Counts objects to 5
- Recognizes numbers 1 and 2
- Understands “more” and “less”
- Sorts by color or size
- Names basic shapes (circle, square, triangle)
- Begins simple patterns (red, blue, red, blue)

## Social & Emotional

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- Plays near other children (parallel play)
- Takes turns with adult support
- Uses simple feeling words (happy, sad, mad)
- Separates from parent for short periods
- Calms down with adult comfort

## Fine Motor & Physical

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Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)

- ☐ Holds crayon, scribbles with purpose
- ☐ Draws lines and circles
- ☐ Stacks 6+ blocks
- ☐ Turns book pages one at a time
- ☐ Uses spoon and fork

## Routines & Independence

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- ☐ Follows daily routine
- ☐ Helps clean up with reminders
- ☐ Washes hands with help
- ☐ Tries to put on shoes/jacket
- ☐ Knows what comes next in routine

## 10-Minute Daily Routine

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Minutes 1–4 — Read together + ask questions

Minutes 5–7 — Count and sort (snacks, toys)

Minutes 8–10 — Draw and play (crayons, blocks)



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