

Sensory Development Ages 3-4 Years

Developmental Milestones

- Picky eaters! May have difficulty with some textured foods.
- Know the name of most colors.
- Coordinated, to fully clothe body.
- Shows affection to friends without being told to do so.
- Can separate easily from parents.
- Mimics actions of adults, and friends.
- Begins to understand that two people can have different points of view.
- Remember, and repeat back 3-4 words.
- Enjoys listening to books and may even attempt to 'read' it on their own.
- Start playing with other children instead of playing next to others.

Admin, C.D.C. (2021). *Important milestones: Your baby by three years*. <https://www.cdc.gov/ncbddd/actearly/milestones/milestones-3yr.html>.

Admin, First 5 Los Angeles. (2020, August 6). *The Five senses*. <https://www.first5la.org/article/the-five-senses/>.

Admin, Kid Sense Web (2016). *Kid Sense Child Development*. [u/resources/child-development-charts/sensory-processing-developmental-chart/](https://www.kidsenseweb.org/resources/child-development-charts/sensory-processing-developmental-chart/).

Roman, A. S. (2014). Assessment of Working Memory Capacity in Preschool Children Using the Missing Scan Task. *Infant and child development*, 23(6), 575-587. <https://doi.org/10.1002/icd.1849>

Activities

Mirror Game

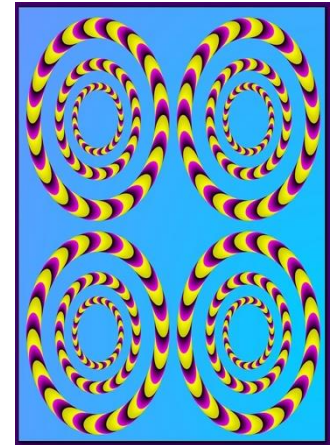
Enhance listening and memory, first your child has to repeat "word for word, whatever you say. Then switch places (getting silly make the game fun)" (2020)



https://i3-eu-west-1.amazonaws.com/istockimages-final/MIG_MD4102055_1600px.jpg

Optical illusion books!

Great activity to help your child understand that objects look different from different angles or perspectives. Can be found here at crystal lake public library!



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Floor is lava!

Set out different pillows, blankets, towels, couch cushions to make little 'islands' that your child will jump to without touching the scorching lava floor.

Mystery rice

Fill a large container or bin full of dry rice, or substitute with dry macaroni or beans. Place 5 small mystery objects for your child to find with their eyes closed! If you want to add a timer this can be played with a group of kids to locate the objects and guess!



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