Amazing Me

It's Busy Being 3!

Illustrated by
Allison Valentine

Written by
Julia Cook and
Laura A. Jana, MD

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It's Busy Being 3!

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

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www.cdc.gov/AmazingMe

To learn how **AMAZING** this book is, read here!

In this story, an amazing kangaroo named Joey shows all of the amazing things he can do now that he is 3 years old. These amazing things are called **developmental milestones.**

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 koala bears. Each page with a koala bear 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 about how you can help your child learn and grow, and
- ⭐ to find out where you can go for more information.

Happy reading!

Georgina Peacock MD, MPH

Georgina Peacock, MD, MPH, Developmental Pediatrician

Katie K. Green MPH, CHES

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.

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.

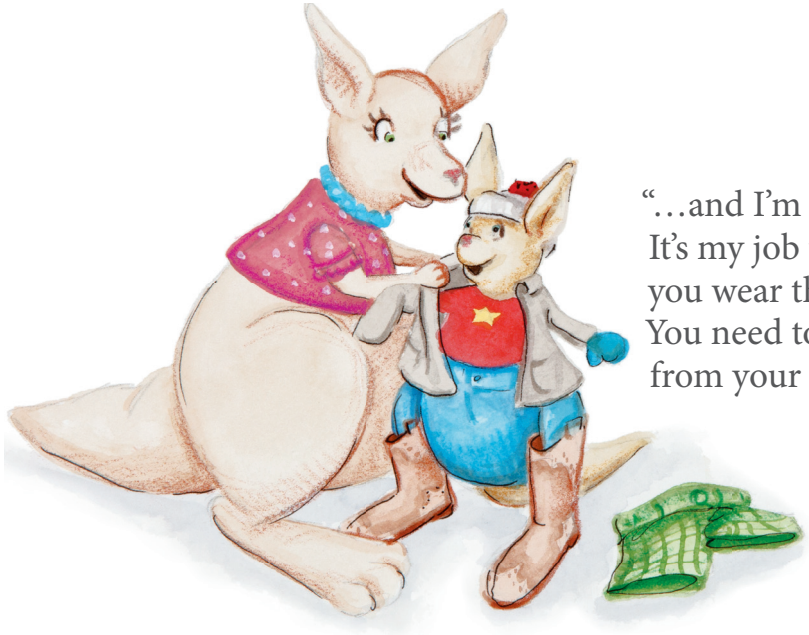
Milestone Moment: Joey shows he can do more and more things on his own by dressing himself.

"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.

Milestone Moment: Joey points to show others something interesting (age 18-month milestone).

I can be a doctor.

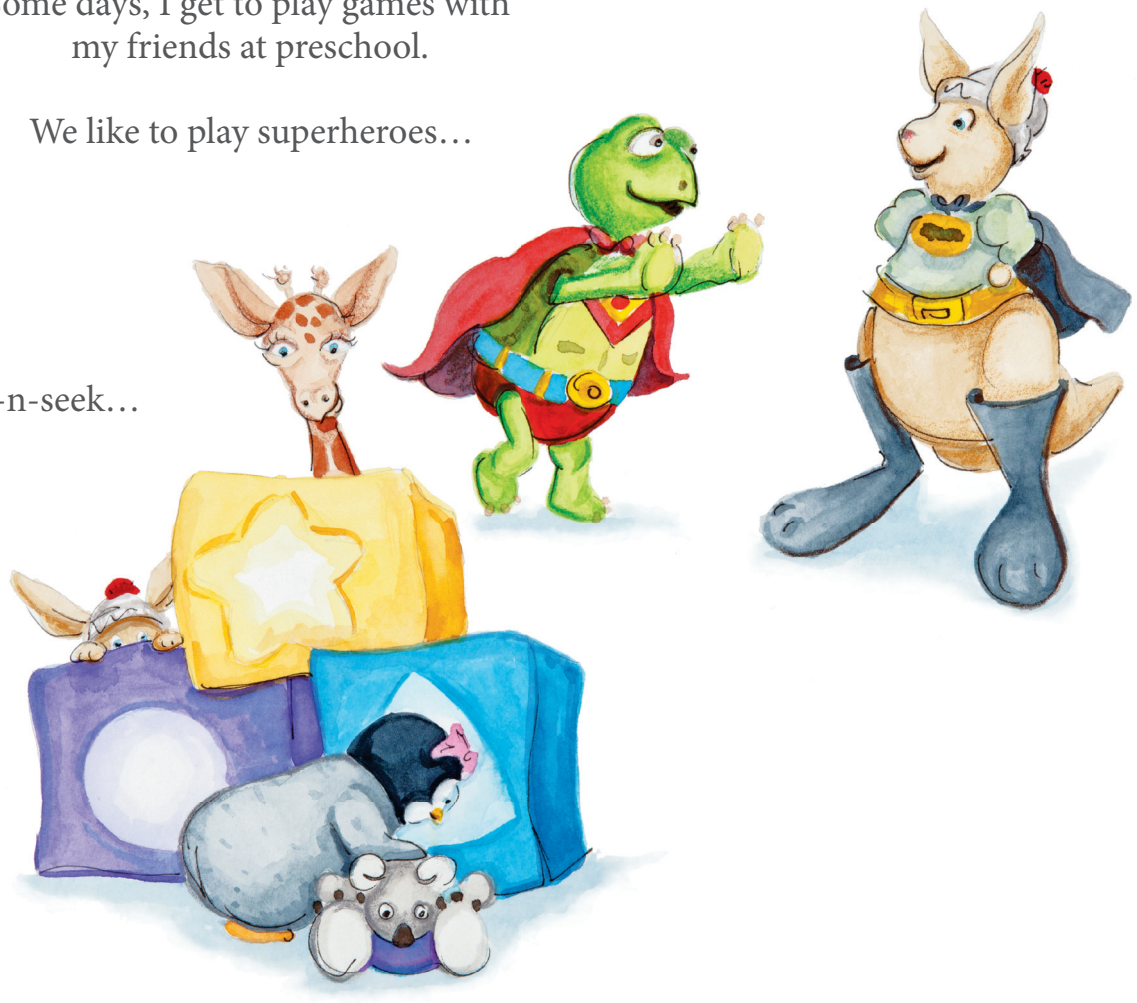
I can even be the KING!

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…



Milestone Moment: Joey plays well with two or three children in a group (age 4 milestone).

…and house

…and tag.

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: Joey is getting better at taking turns in games.

"Yes, I can!"

"I don't think so…"

"But I'm a STAR!"

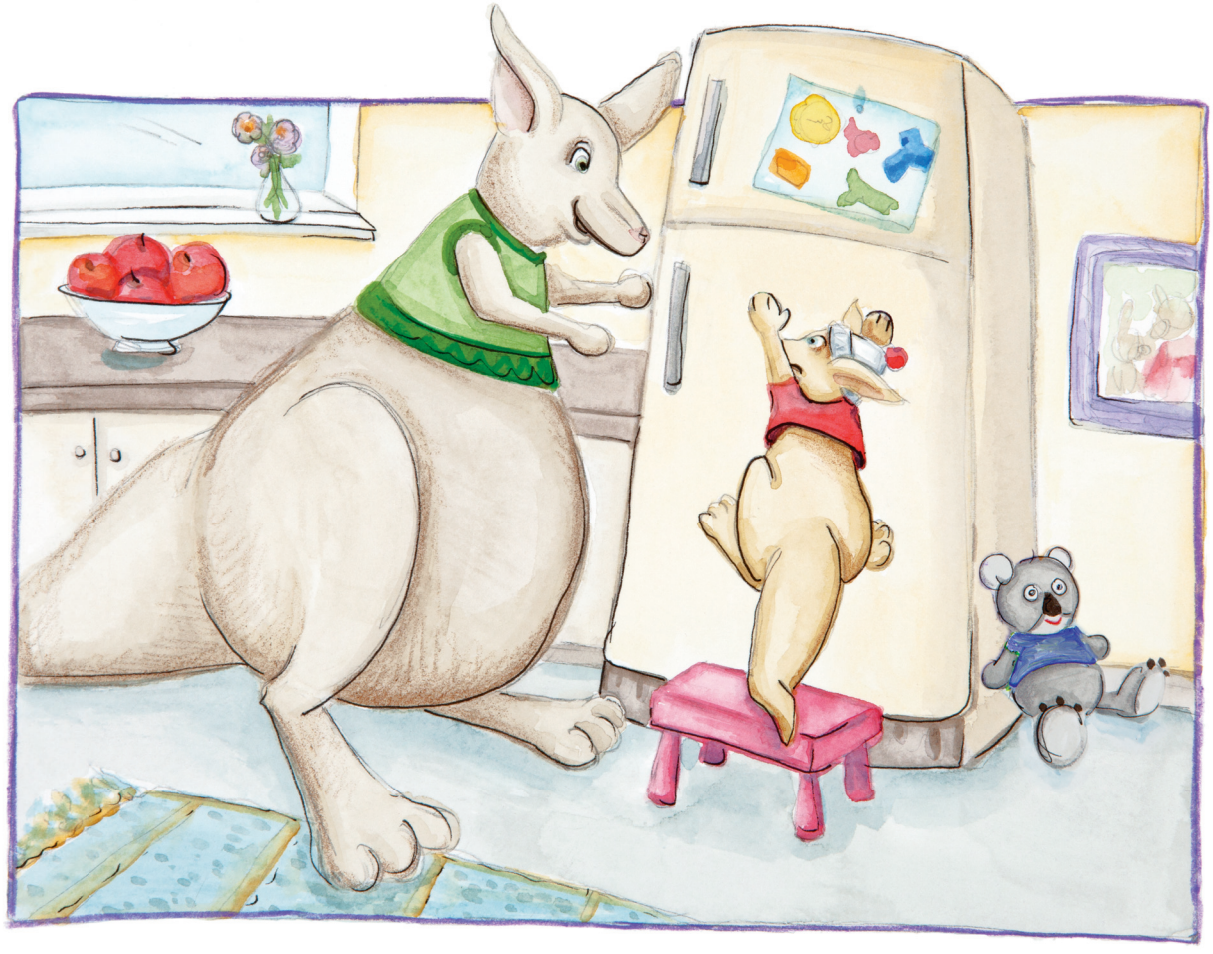
"Of course you are…"

"…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.

Milestone Moment: Joey practices using safety scissors (age 4 milestone) 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.

Milestone Moment: Joey points to show others something interesting (age 18-month milestone).

"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.

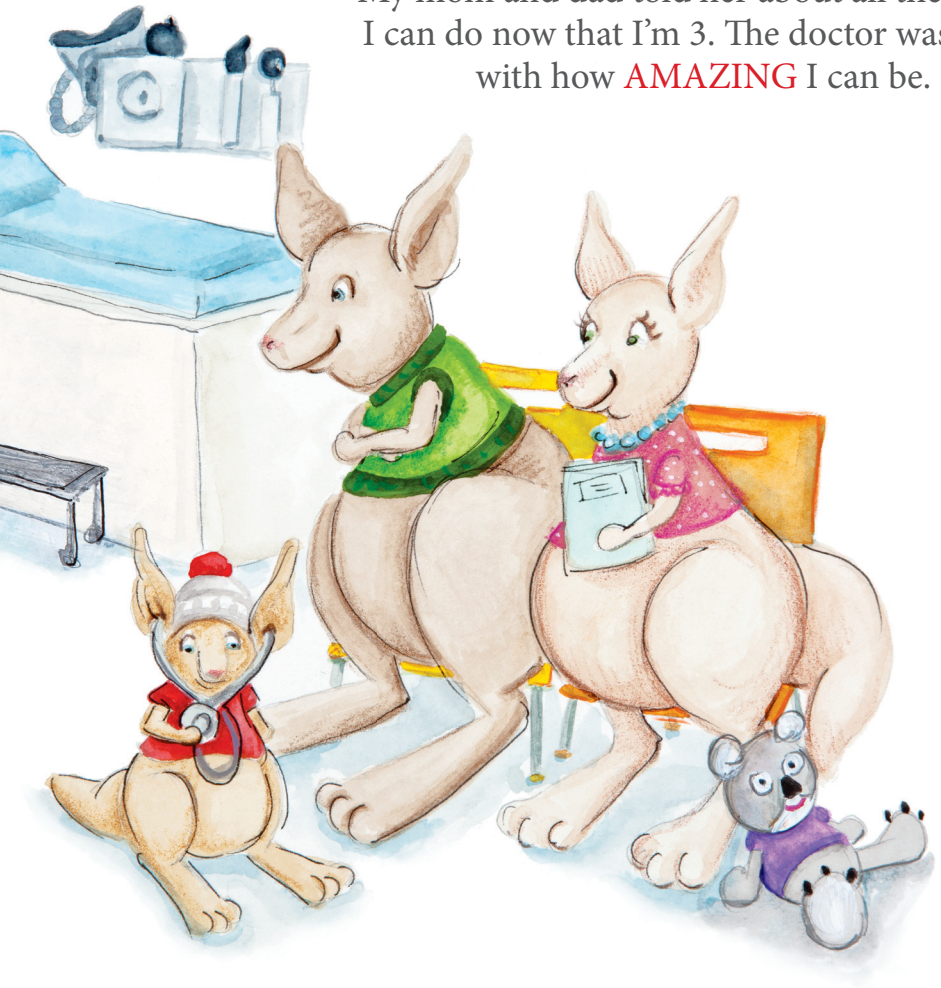
Plays make-believe

Uses safety scissors

Tells a story

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.



Shows
independence

Shows concern for
a crying friend

Builds towers
with blocks

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.

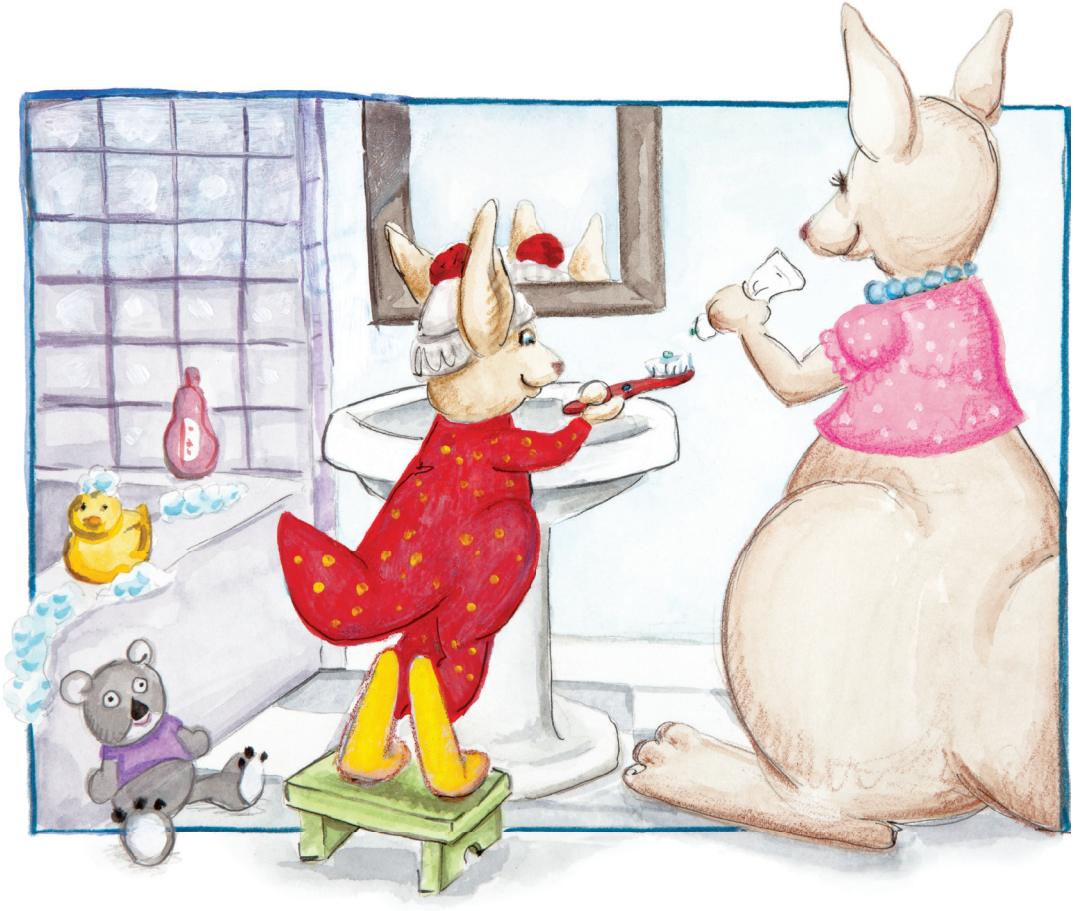
"Yes, I can!"

"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.

Milestone Moment: Joey shows independence (age 2 milestone) by trying to brush his own teeth.

"But I can do it all by myself!"

"I don't think so…"

"But I'm a STAR!"

"Of course you are…"

"…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!"

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!

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

AMAZING Developmental Milestones

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

Take this book with you and talk with your child's doctor at every visit about which milestones your child has reached and what to expect next.

For more milestones, parenting tips, and other free materials, visit www.cdc.gov/AmazingMe or call 1-800-CDC-INFO and ask for a free Milestones Parent Resource Kit.

Developmental Milestones for 3-year-olds

Social/Emotional

- ☐ Copies adults and friends (like running when other children run)
- ☐ Shows affection for friends without prompting
- ☐ Takes turns in games
- ☐ Shows concern for a crying friend
- ☐ Understands the idea of "mine" and "his" or "hers"
- ☐ Shows a wide range of emotions
- ☐ Separates easily from mom and dad
- ☐ May get upset with major changes in routine

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Developmental Milestones for 3-year-olds

Language/Communication

- ☐ Follows instructions with 2 or 3 steps
- ☐ Can name most familiar things
- ☐ Understands words like "in," "on," and "under"
- ☐ Says first name, age, and sex
- ☐ Names a friend
- ☐ Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- ☐ Talks well enough for strangers to understand most of the time
- ☐ Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- ☐ Can work toys with buttons, levers, and moving parts
- ☐ Plays make-believe with dolls, animals, and people
- ☐ Does puzzles with 3 or 4 pieces
- ☐ Understands what "two" means
- ☐ Copies a circle with pencil or crayon
- ☐ Turns book pages one at a time
- ☐ Builds towers of more than 6 blocks
- ☐ Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- ☐ Climbs well
- ☐ Runs easily
- ☐ Pedals a tricycle (3-wheel bike)
- ☐ Walks up and down stairs, one foot on each step

Parenting Tips

How you can help your 3-year-old learn and grow:

- Take your child to play groups or other places where there are other children, such as a playground or park, so your child can learn to play with and get along with others.
- Talk to your child about his emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Set rules and limits for your child, and stick to them. Praise your child for following the rules. If your child breaks a rule, give her a time-out for 30 seconds to 1 minute in a chair or in her room.
- Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
- Give your child an "activity box" with paper, crayons, and coloring books. Color and draw lines and shapes with your child.

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Talk to your child's doctor if your child:

- Falls down a lot or has trouble going up or down stairs
- Drools or has very unclear speech
- Can't work simple toys (such as pegboards, simple puzzles, turning a handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he or she once had

If you're concerned or have questions about your child's development, talk with your child's doctor. Don't wait. Visit www.cdc.gov/AmazingMe for more information.

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 Freemont, 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

"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

"*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.

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For more information about child development, go to www.cdc.gov/AmazingMe.

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www.cdc.gov/amazingme
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