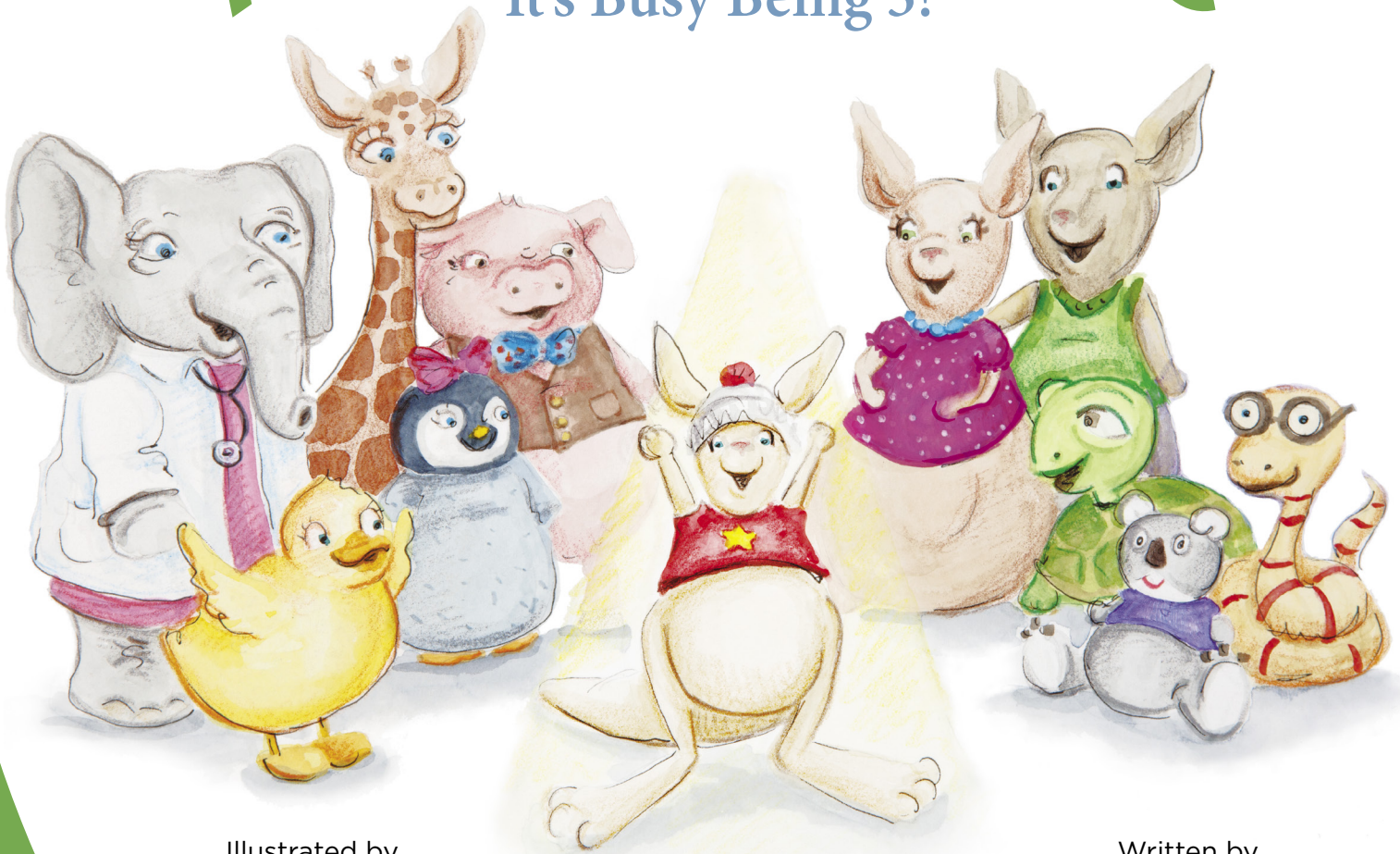


Amazing Me

It's Busy Being 3!



Illustrated by
Allison Valentine

Written by
Julia Cook and
Laura A. Jana, MD

Amazing Me

It's Busy Being 3!

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

Written by
Julia Cook and Laura A. Jana, MD

Illustrated by
Allison Valentine

www.cdc.gov/AmazingBooks

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

These amazing things are called **developmental milestones** (how a child plays, learns, speaks, acts, and moves).

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 koalas. Each page with a koala 🐨 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 and activities to support your child's development,
- ★ 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 doctor.



I can be a policeman.



I can be an astronaut.



I can be a teacher.

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...

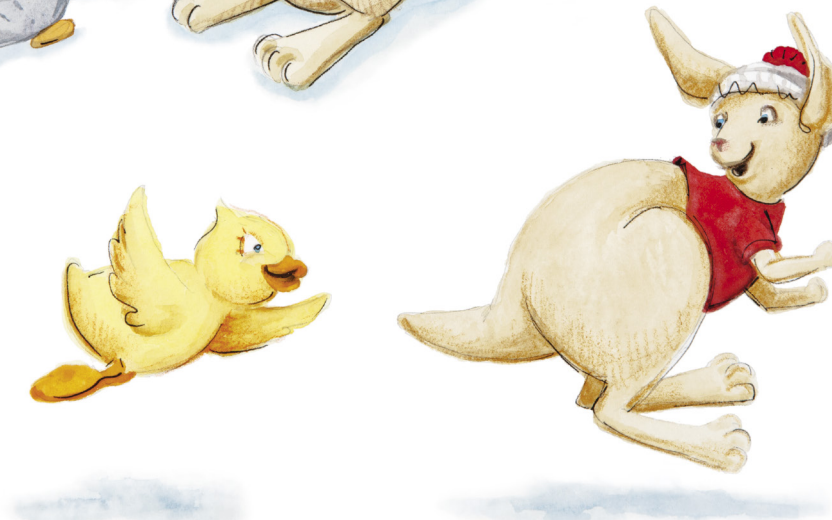
and hide-n-seek...



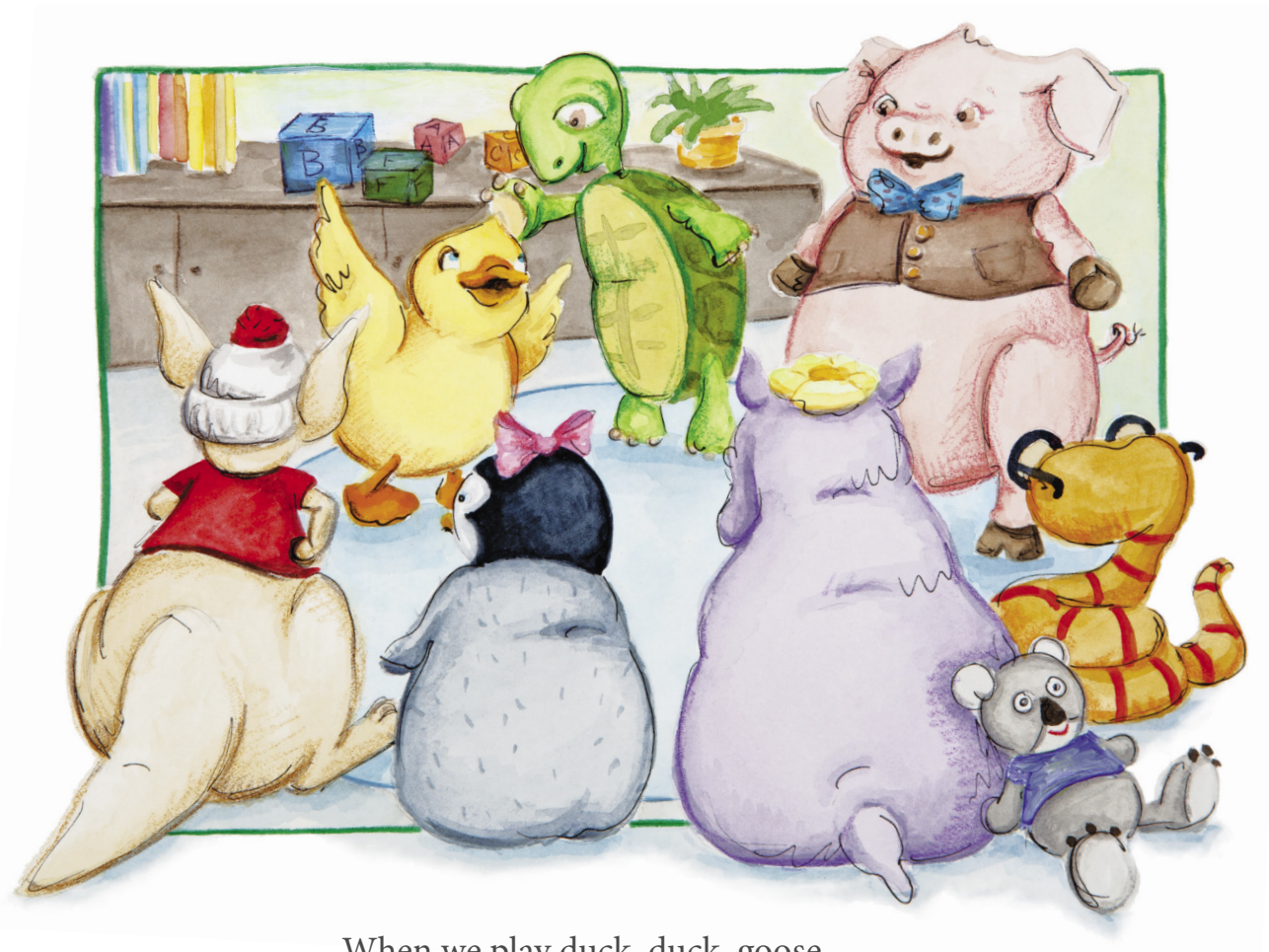
...and house



...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.



“Yes, I can!”

“I don’t think so...”

“But I’m a STAR!”

“Of course you are...”



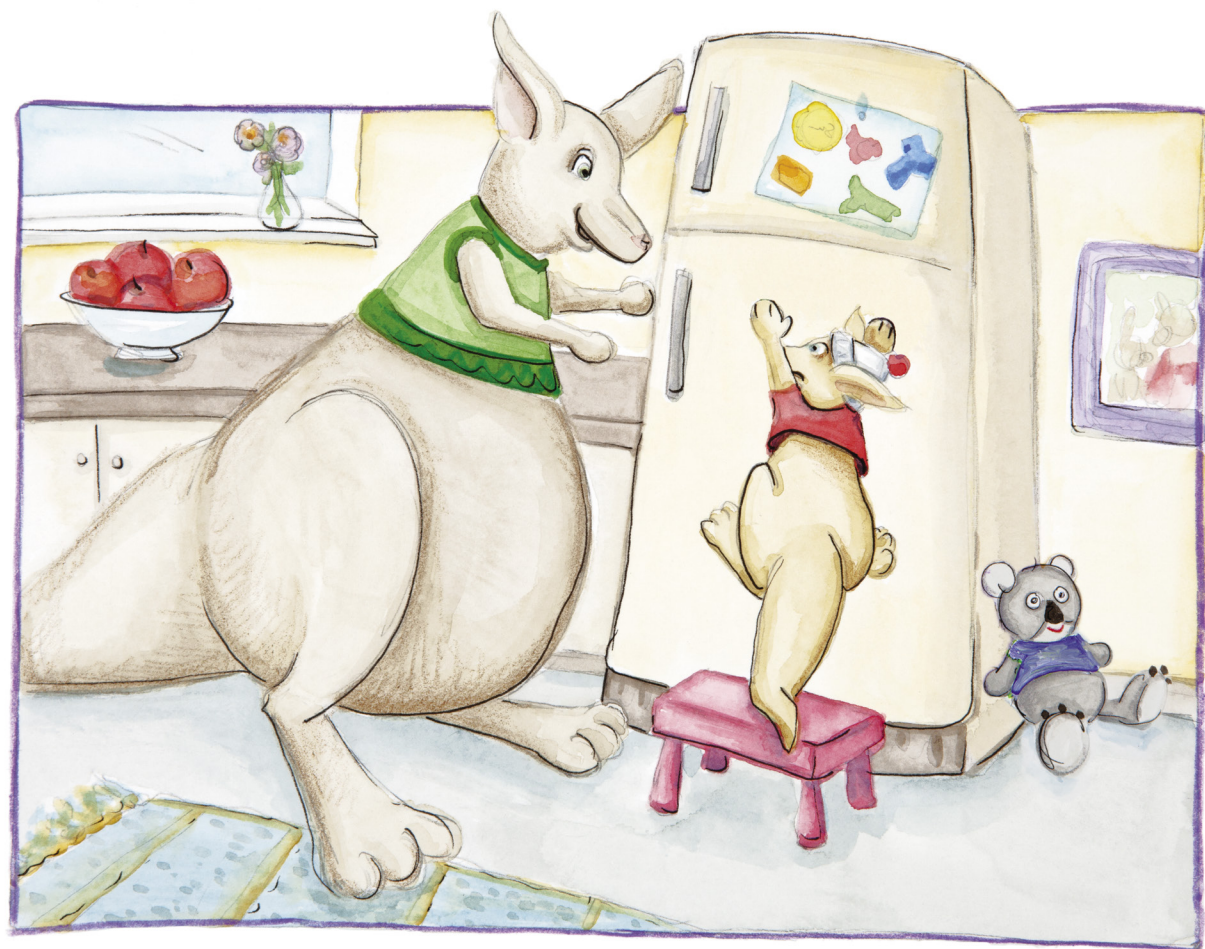
“...and I’m your teacher.
It’s my job to teach you
how to play fair.
Let others be first, and
show them you care.”



Today, we even got to use safety scissors at school.



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.



“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



Tries to use safety scissors



Tells a simple 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.



“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.



"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, tips, and other free materials, like CDC's free *Milestone Tracker* app, visit cdc.gov/ActEarly/Families or call 1-800-CDC-INFO (1-800-232-4636).



Download CDC's free
Milestone Tracker app



more →

Developmental Milestones for 3-year-olds

Social/Emotional

- Calms down within 10 minutes after you leave her, like at a childcare drop off
- Notices other children and joins them to play

Language/Communication

- Talks with you in conversation using at least two back-and-forth exchanges
- Asks “who,” “what,” “where,” or “why” questions, like “Where is mommy/daddy?”
- Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”
- Says first name, when asked
- Talks well enough for others to understand, most of the time



Cognitive (learning, thinking, problem-solving)

- Draws a circle, when you show him how
- Avoids touching hot objects, like a stove, when you warn her

Movement/Physical Development

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork



Parenting Tips

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

- Encourage your child to play with other children. This helps him learn the value of friendship and how to get along with others.
- Talk about your child's emotions and give him words to help him explain how he's feeling. Help your child manage stressful feelings by teaching him to take deep breaths, hug a favorite toy, or go to a quiet, safe place when he is upset.
- Set a few simple and clear rules that your child can follow, such as use gentle hands when playing. If he breaks a rule, show him what to do instead. Later, if your child follows the rule, recognize and congratulate him.
- Read with your child. Ask questions, such as "What is happening in the picture?" and/or "What do you think will happen next?" When she gives you an answer, ask for more details.
- Play counting games. Count body parts, stairs, and other things you use or see every day. Children this age are starting to learn about numbers and counting.
- Limit screen time (TV, tablets, phones, etc.) to no more than 1 hour per day of a children's program with an adult present. Don't put any screens in your child's bedroom. Children learn by talking, playing, and interacting with others.
- Let your child help with making meals. Give him simple tasks, such as washing fruits and vegetables or stirring.

Concerned about your child's development?

If your child is missing milestones or you are concerned about your child's development, talk with your child's doctor, teacher, or other providers and ask about developmental screening. Don't wait. Acting early can make a real difference!

Visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned) for more information on how to support your child or call 1-800-CDC-INFO (1-800-232-4636); agents speak English and Spanish.



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 Fremont, 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



"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

"As a physician, I would welcome this book as a way to talk about development at well-child visits."
– Misty Janssen, MD, Nebraska

"*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.

Parents, this book will show you what to look for as your child grows and develops. Ask your child to find the koalas. Each page with a koala  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.

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

Supported by the American Academy of Pediatrics Bright Futures initiative through a cooperative agreement with the Health Resources and Services Administration.



Centers for Disease Control and Prevention
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