

Playing with LEGO at age 3 — quick guide

At 3 years old, kids learn a lot through hands-on play. Use LEGO Duplo (big, chunky bricks) because they're easier to hold and not a choking hazard. Here are why it helps, safety rules, and simple step-by-step activities you can do together.

Why Duplo is great for a 3-year-old

- **Fine motor skills:** picking up and snapping bricks builds finger strength and coordination.
- **Creativity & imagination:** simple builds become houses, animals, or cars with your child's ideas leading the play.
- **Language & thinking:** naming colors, counting pieces, and telling stories improves words and logic.
- **Social skills:** sharing bricks and taking turns teaches cooperation.

Safety basics

- Choose LEGO Duplo sets (large pieces). Keep small regular LEGO bricks away until older.
- Always supervise play to prevent putting pieces in the mouth.
- Check sets for broken bits and remove anything sharp or small.

Simple step-by-step activities

- **Stack and knock:** Step 1: Build a short tower of 3–6 Duplo bricks. Step 2: Let your child push it down and clap. Repeat to practice stacking and grasping.
- **Color sort:** Step 1: Make piles of a few colors. Step 2: Ask your child to put bricks by color. Say the color names as they play.
- **Train of animals:** Step 1: Line up bricks as a "train." Step 2: Add Duplo animal figures or blocks as passengers. Step 3: Push the train and make choo-choo sounds. Use this to name animals and sounds.
- **Copy my pattern:** Step 1: Make a short color pattern (red, blue, red). Step 2: Ask your child to copy it. Start simple and make patterns longer as they improve.
- **Build a tiny town:** Step 1: Create a base with a few blocks for a house and a car. Step 2: Tell a short story about who lives there. Encourage your child to add details.
- **Hide and find:** Step 1: Hide one piece under a cup or small blanket. Step 2: Ask your child to find it. This builds attention and simple problem solving.
- **Cleanup game:** Step 1: Put a basket in the play area. Step 2: Sing a cleanup song while you both put bricks in the basket. Make it fast and fun.

How to support without doing it all

- Let your child lead — follow their idea, then add one new idea to extend play.
- Use simple praise: 'Great stacking!' or 'You found the blue block!'
- Ask short questions: 'What color is this?' or 'Who lives in that house?'

Practical tips

- Play sessions: 10–30 minutes are perfect at this age; several short sessions a day work well.
- Storage: Use a low, open box or basket so the child can help with cleanup and see blocks easily.
- Rotate sets: Keep a few sets out and rotate toys weekly to keep interest high.

Have fun, keep it safe, and follow your child's curiosity. Duplo play is simple but powerful for learning at

age 3.