

GROWTH & DEVELOPMENT OF PRESCHOOLER



3 YEARS

Physical

- **Weight:** Approximately 12.5-16.5 kg. Has gained 2.27kg during third year.
- **Height:** Approximately 90.5-101.5cm
- **Pulse:** 105+-15 beats/min
- **Respiration:** 25+-5 breaths/min
- **Blood pressure:** 100+-24/67+-25



Gross Motor

- Walks a straight line
- Walks backward
- Walks on tiptoes
- Runs without looking at feet
- Catches ball with extended arms
- Kicks a ball
- Jumps from a height of several inches
- Rides tricycle using pedals; turns wide corners.



Fine Motor

- Builds a tower of 9-10 blocks
- Copies a circle
- Uses blunt scissors with one hand to cut
- Shows preference for handedness
- Puts beads on string
- Can help with simple house hold tasks.



SELF CARE

Dressing Skills:

- Can put on coat without assistance
- Can undress self in most instances

Toileting and Grooming Skills:

- Can pull pants up and down
- Can go to toilet alone
- Brushes teeth with help.



3 YEARS

Sensory

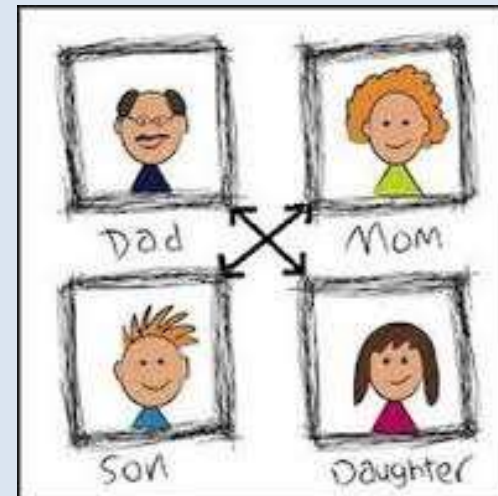
Psychosocial

Psychosexual

•Visual acuity:20/20

- Beginning development of sense of initiative(3-5years).***
- Negative counterpart: guilt***
- Egocentric in thought and behaviour
- Alternates between reality and imagination
- Able to share but expresses idea of mine
- Less dependent on parents but needs reassurance and help
- Tolerates short separations from parents.
- Significant decrease in ritualism and negativism.
- Fears the dark

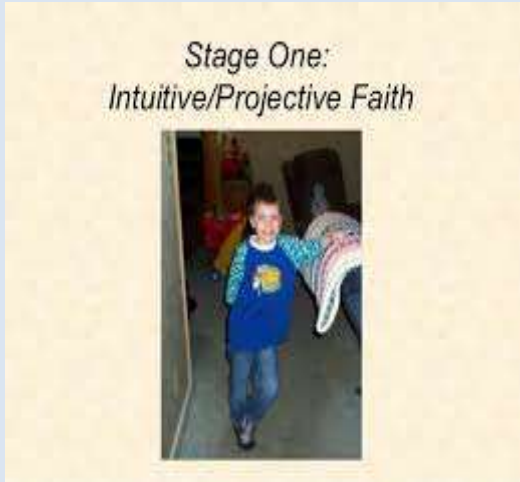
•Phallic stage(3-6years)



3 YEARS

Spiritual

Intuitive- Projective faith



Intellectual

PREOPERATIONAL THOUGHT

Substage I: Preconceptual stage (2-4years) characterized by language acquisition

Substage II: Intuitive stage(4-7years) Egocentric preschooler bases problem solution on only one aspect
Tries to please and conforms to requests

Characteristics of thought include animism and realism.

Able to follow directional commands

Has a beginning understanding of time

Moral

Preconventional Morality

- Stage I (2-3years)
- If punished for doing it, it's wrong; if not punished, it must be right.

3 YEARS

Language

- **Receptive language:**
- Can obey two prepositional commands (i.e. on, under)



- **Expressive Language:**
- Uses 4 word
- Sentences- ask why, uses plurals.
- Gives sex and full name
- Names figures in a picture
- Has vocabulary of 800-1000 words
- Child should be intelligible 90% of time



Play

- Likes things that squish, move. Talk, make noise.
- Books about known things
- Crayons, paints
- Climbing apparatus
- Transportation toys; tricycle, wagons, dump trucks, doll carriage.
- Play telephone, busy- box, music, record players.
- Single puzzles, toy dishes, soap bubbles.



4 YEARS

Physical

- **Weight:** Approximately 13.5-19.5Kg. Has gained 2.27kg during the fourth year.
- **Height:** Approximately 95-109cm. Has doubled birth length.
- **Pulse:** 100+-10 beats/min
- **Respiration:** 24+-4 breaths/min
- **Blood pressure:** 100/66+-20
- Usually dry at night



Gross Motor

- Runs on tiptoes
- Balances on one foot 3-5 seconds.
- Jumps from greater heights.
- Pedals a tricycle quickly; turns sharp corners
- Catches ball with extended arms and with hands
- Hops on preferred foot.
- Climbs ladders, trees, play ground equipment.
- Alternates feet when descending stairs.



Fine Motor

- Copies a square
- Draws a simple face
- Cuts around picture with scissors.



SELF CARE

Feeding Skills:

- Manages spoon with little spilling
- Eats with fork held in fingers

Dressing Skills:

- Buttons side buttons, small buttons
- Can put shoes with out help.
- Can put socks with help.
- Knows back from front of clothes.

Toileting and Grooming Skills:

- May bath self, with assistance.
- Washes and dries hands without supervision.



4 YEARS

Sensory

Psychosocial

Psychosexual

•Visual acuity:20/20

- Beginning development of sense of initiative(3-5years).*
- Negative counterpart: guilt*
- Egocentric-unable to see other`s view points and can`t understand why others don`t see child`s.
- Tends to be impatient and selfish
- Usually separates easily from parents
- Physically and verbally aggressive
- Still has fears
- Dreams and nightmares continue .
- Sexually curious.
- Jealousy of siblings may be evident.

•Phallic stage(3-6years)

4 YEARS

Spiritual

Intuitive- Projective faith

Intellectual

PREOPERATIONAL THOUGHT

Substage I: Preconceptual(2-4years) characterized by language acquisition

Substage II: Intuitive stage(4-7years)

Classifies objects according to one characteristic

Not able to conserve matter

Continues to believe thoughts cause events

Obeys because parents set limits, not because of understanding between right and wrong

Highly imaginative

Concept of time improving, especially in relation to sequence of daily routines

Moral

Preconventional Morality

- Stage II (4-7years)
- You do it for me. I `ll do it for you.

4 YEARS

Language

- **Receptive language:**
- Understands directives (on, under, in back, in front)



- **Expressive Language:**
- Names one or more colors correctly.
- Uses I
- Counts to 5
- May use profanity for attention
- Uses 3-7 word sentence
- Has a vocabulary of 1500 words.



Play

- Play cooperatively with others
- Interested in world
- Provide: Hand puppets, doll house and furniture, costume box, doll, nurse or doctor kit to stimulate imagination
- Blackboard, chalk, paste, paper, scissors, clay, finger paints to stimulate creativity.
- Sliding boards, swings, work bench, blocks of all sizes, garden toys, tinker toys to encourage motor activities.



5 YEARS

Physical

- **Weight:** Approximately 15.4-21.4kg. Has gained 2.27kg during fifth year.
- **Height:** Approximately 103-115cm
- **Pulse:** 95+- 15 beats/min
- **Respiration:** 22+-3 breaths/min
- **Blood pressure:** 100/60+-14/10
- **Head size :** Adult size nearly reached
- **Anticipates immediate toilet needs**



Gross Motor

- Skips, alternates feet
- Jumps rope and jumps over objects
- Walks a balance beam
- Imitates dance steps if taught
- Catches a ball smoothly with hands.
- Balances on one foot 8-10seconds
- Roller skates



Fine Motor

- Copies triangle shape
- Crosses vertical lines
- Copies letters; may be able to print own name.
- Draws a three part man.



SELF CARE



Feeding Skills:

- Selects fork over spoon when appropriate

Dressing Skills:

- May be able to lace shoes
- Manages Zippers in back

Toileting and Grooming Skills:

- Wipes self independently
- Flushes toilet after each use
- Bathes self
- Combs hair with help
- Can blow nose when asked



5 YEARS

Sensory

Psychosocial

Psychosexual

•Visual acuity:20/20

- Sense of initiative(3-5years)***
- Continue to be egocentric
- Separates easily from parents
- Independent and trustworthy
- Has fantasies and day dreams
- Looks for parental encouragement and support
- Engages in cooperative play
- Very industrious
- Appropriately relates to adults outside family.

•Phallic stage(3-6years)

5 YEARS

Spiritual

Intuitive- Projective faith

Intellectual

***PREOPERATIONAL
THOUGHT***

**Substage II: Intuitive
stage(4-7years)**

Classifies objects according to
relationships that are similar.

Accurately describes events

Aware of cultural differences

Matter-of-fact about
differences in others

Time orientation

Improving- using words with
increased meanings

Very curious

Moral

•Preconventional Morality

•Stage II (4-7years)

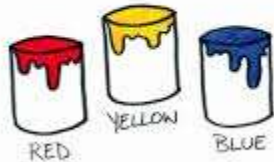
•You do it for me. I`ll do it for
you.

5 YEARS

Language

- **Receptive language:**
- Carries out instruction with three suggested tasks, i.e wash dry, sit down

PRIMARY



- **Expressive Language:**
- Names primary colours
- Asks meaning of words
- Names penny, nickel, dime
- Repeats sentence of 12 or more syllables
- Counts to 10
- Has a vocabulary of 2100 words



Play

- Play competitive exercise games
- Loves to transport things in trucks, cars, wagons.
- Provide: Simple games for competitive and team play
- See-saw, jungle gym, sleds, jump rope, and skates for motor activity.
- Construction toys, paper dolls, opportunities for collecting nature specimens for creative activity.
- Color sets, books, and puzzles for quiet play.



NEEDS OF PRESCHOOL CHILDREN

- **Emotional-Social Needs:**
- **LOVE & SECURITY:** The love & security provided by the family continue to be essential to preschoolers.
- Children now are beginning to develop a preference for one parent.
- They begin to direct some concerns and interests to one parent and some to the other.
- **Guidance:** Adults should respect the individuality of children and through guidance help them expand their skills, develop their potential, and master self control.
- Limits set by parents give children a feeling of security that they do not have when allowed to decide for themselves matters beyond their ability to choose wisely.



- ***DEPENDENCE PROGRESSING TO INDEPENDENCE:***
- ***Nursery school and kindergarden:*** Children from 2½ or 3 yrs to 5yrs of age are accepted in nursery school.
- Nursery school offers opportunities for experimentation, exercising the imagination, creative activity, problem solving and socialization.
- Children are also exposed to other cultural groups.



- **SEPARATION:**

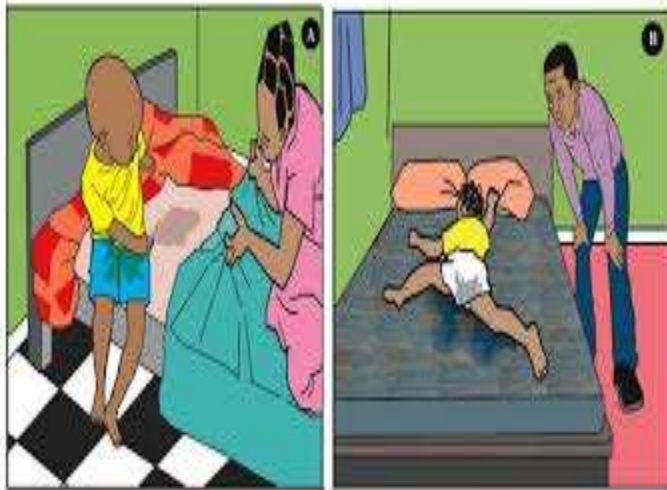
School like home environment



- ***DISCIPLINE LEADING TO SELF CONTROL:***
- *Bedtime problems- sleep*
- *Selfishness*
- *Hurting Others*
- *Destructiveness*
- ***DEVELOPING SELF ESTEEM***

PHYSIOLOGIC BIOLOGIC NEEDS:

- **CONTROL OF BODILY FUNCTIONS:**
- **ENURESIS:** Is an involuntary discharge of urine or wetting after control should be established (about 3 years of age) is both a source of embarrassment and a nuisance to the parent of an enuretic child.



- ***ENCOPRESIS:*** If there is no physiologic cause and the child continues to have uncontrolled stool passages beyond the time bowel control is expected, about 3 or 4 years of age.



HEALTH PROMOTION AND ANTICIPATORY GUIDANCE:

- **NUTRITION:**

The daily caloric requirement ranges from 1300-1700 calories, including 30 grams of protein.

- **FOOD LIKES AND DISLIKES**

- **ACCIDENT PREVENTION**

- **HEALTH SUPERVISION**

Parent education