

# The Preschool Age



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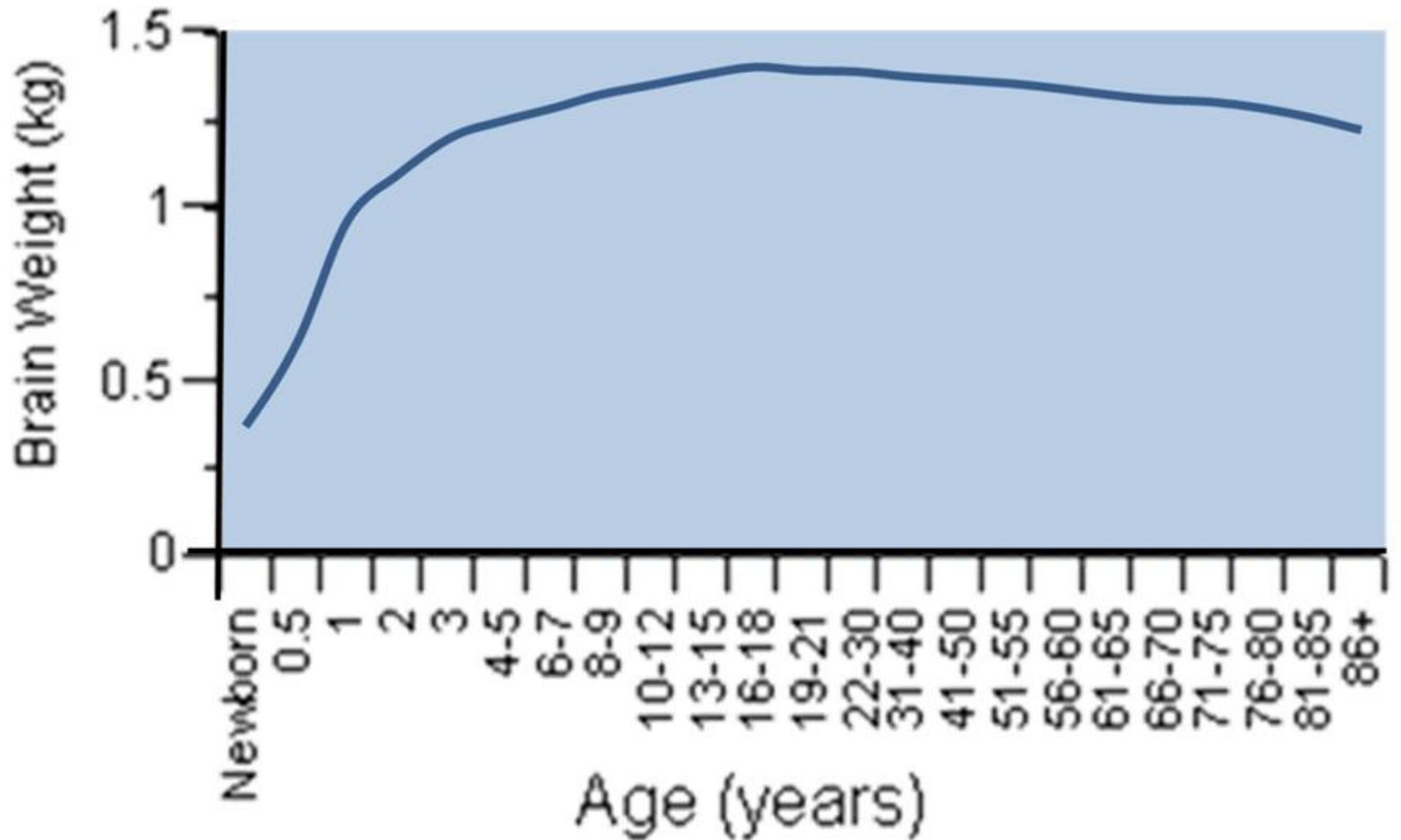
# Preschool stage (3 -5 years)

- Child begins to separate from family
- Gradually physical growth **slows.**
- **Control of the body & coordination increases**
- Their world gets larger as they meet relatives, Friends, and neighbors.

# Physical Growth

- **Taller & thinner because children tend to grow more in height than weight.**
- **Brain reaches almost its adult size by 5 yrs.**
- **The extremities of the body grow more quickly than the body trunk.**
- **The posture of child gradually changes as the pelvis is straightened & the abdominal muscles become stronger.**

# Human brain





## Weight:

**Weight gain is generally slow,  
increasing between 18-20 kg  
About 3 to 5 kg. Yearly**



## Physiological Growth:

- **Pulse: 80-120 beat / min**  
(average 100 beat / min).
- **Respiration: 20-30 cycle / min.**
- **Blood pressure: 100/67 ± 24/25.**



## Vision

- Preschool are generally hyperopic (farsighted) unable to focus on near objects
- Myopic (nearsighted).
- Both situations need eye glasses.
- This situation considered normal up to 5 years



## Hearing and taste:

- The preschool has reached optimal level in ability to listen.
- In relation to the sense of taste, he/she shows their preference by asking for something and may refuse something.



# Motor Development:

Age	Gross motor	Fine motor
3rd year	<ul style="list-style-type: none"><li>• Walks a straight line, backward and on tiptoes.</li><li>• <u>Catches ball with extended arms.</u></li><li>• Kicks a ball.</li><li>• <u>Rides tricycle- using pedals</u></li></ul>	<ul style="list-style-type: none"><li>• Builds a tower of 9-10 blocks.</li><li>• <u>Use scissors with one hand.</u></li><li>• Can undress himself.</li><li>• Can put on coat without assistance.</li><li>• <u>Put beads on a string.</u></li></ul>

## Motor Development:

Age	Gross motor	Fine motor
3rd years	<ul style="list-style-type: none"><li>•Run on tiptoes. Hops on preferred foot.</li><li>•<u>Alternate feet when descending stairs.</u></li> <li>•Climbs from greater heights</li></ul>	<ul style="list-style-type: none"><li>•Able to wash her/his face and brush her/his teeth.</li><li>•<u>Copies square and draw a simple face.</u></li><li>•<u>Cuts around picture with scissors.</u></li><li>•bathes himself with assistance</li></ul>

# Motor Development:

Age	Gross motor	Fine motor
4th year	<ul style="list-style-type: none"><li>• Walks a balance beam.</li><li>• Skips while alternating feet.</li><li>• <u>Jumps rope &amp; over objects.</u></li></ul>	<ul style="list-style-type: none"><li>• <u>Copies a triangle and letter.</u></li><li>• Able to lace shoes.</li><li>• <u>Bathes self and combs hair with help.</u></li></ul>

# Preschooler walks a balanced beam





# Social Development:

## A . Language

- Uses 3-7 words sentences
- Asks Why?
- Uses "I" in his speech
- Ask for the meaning of words



## **B .Play**

- More cooperative
- Understand the concept of **sharing**
- Imaginary play mates



# Suggested items

- Large space for play
- Field trips
- Dress up clothes, paints, paper, and crayons
- Swimming



## **C .Socialization**

- A need for regular interaction with age mates
- Their significant others expand beyond parents





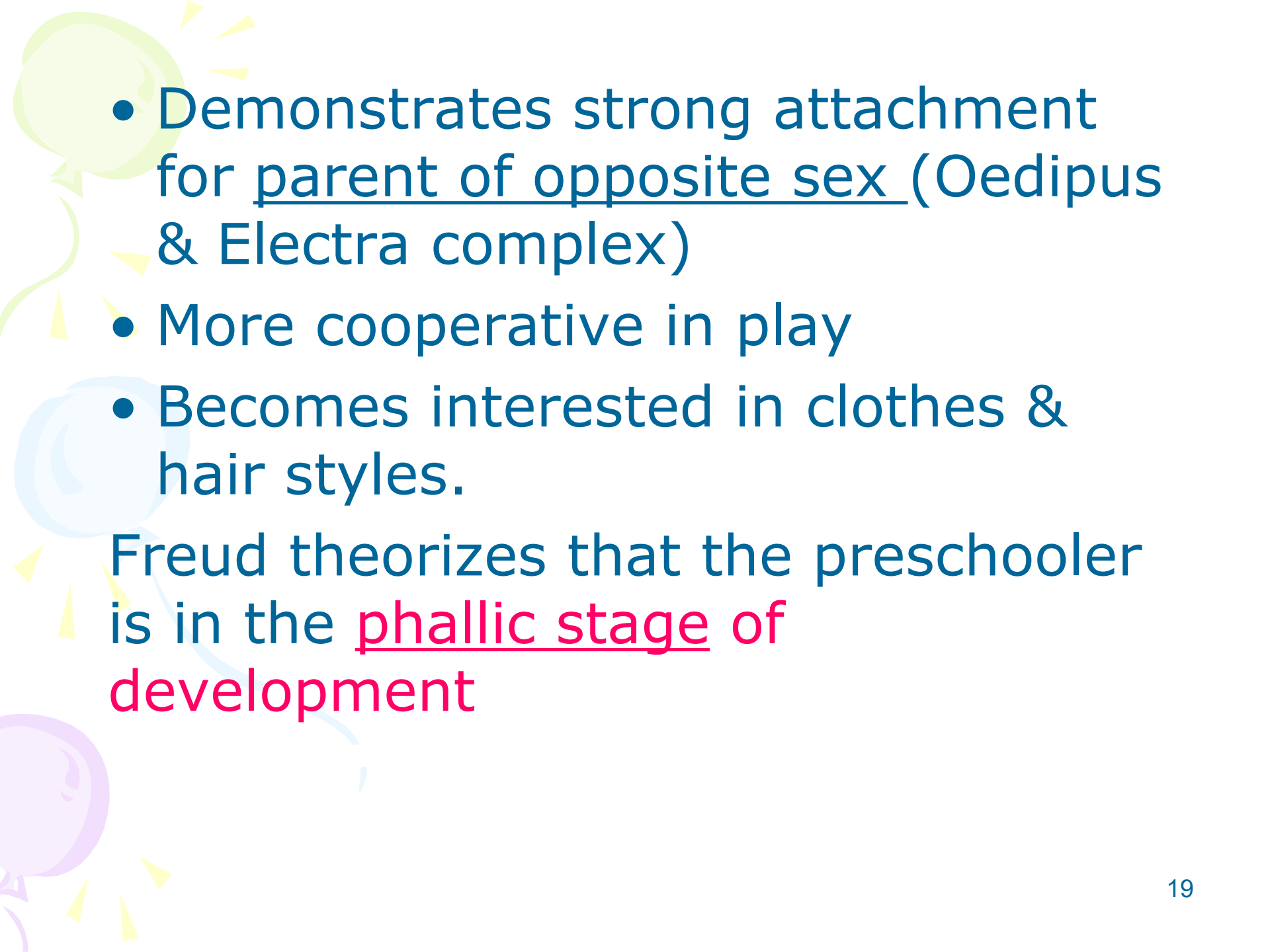
# Psychosocial Development

- Egocentric in his thought & behavior, unable to see others viewpoints.
- Tolerates separation from parents by 3 years
- Separates easily by 5 years of age
- Less dependent on parents but needs their reassurance & help



## According to Eriksson (initiative versus guilt)

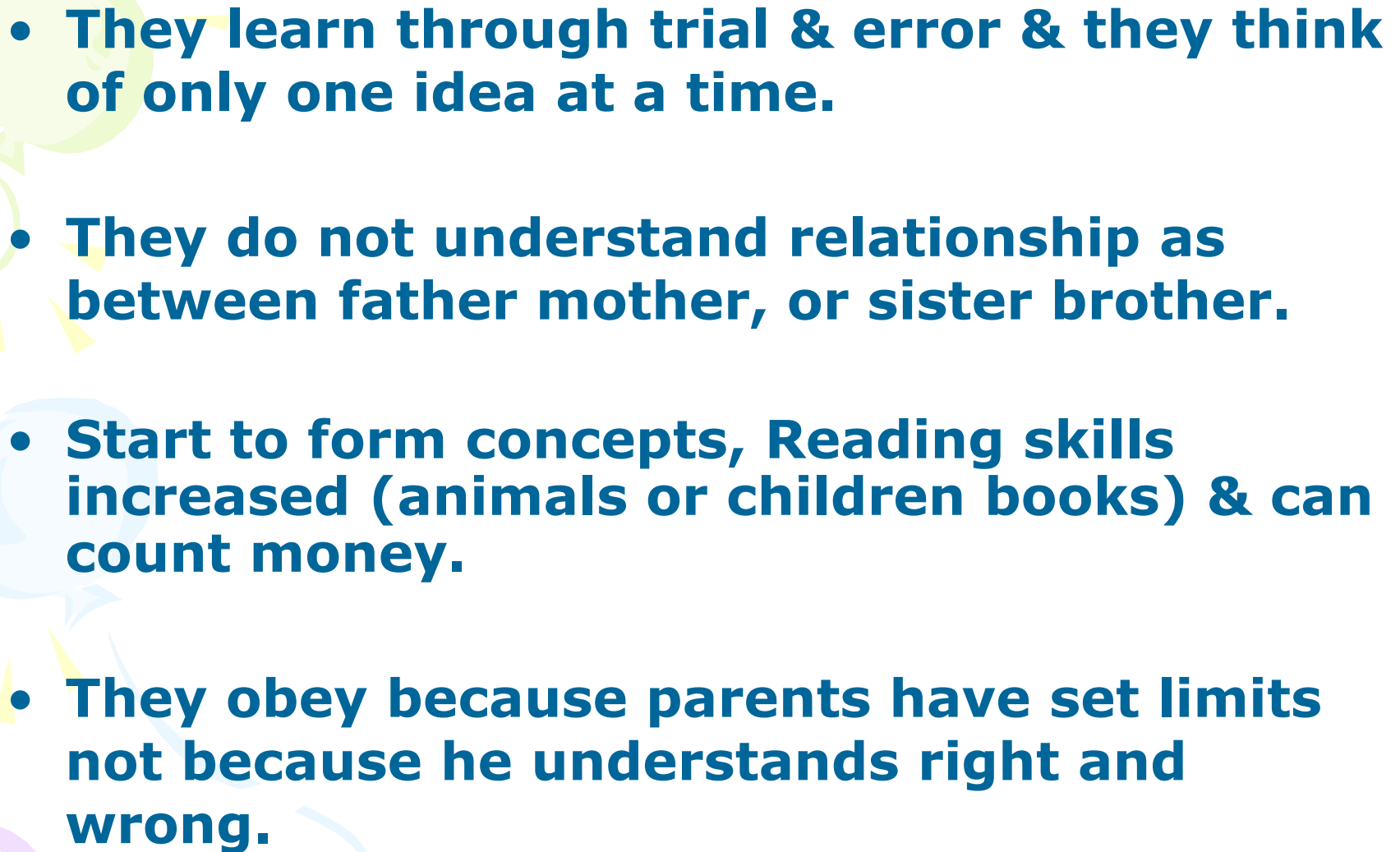
- Eriksson views crises at this time as important for the development of the individual's self- concept & a sense of initiative
- He/she wants to learn what to do for himself, learn about the world and other people.
- If he fails to achieve this sense of initiative, he/she will develop a sense of guilt, where he will appear anxious and frightened in his contact with others

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- Demonstrates strong attachment for parent of opposite sex (Oedipus & Electra complex)
  - More cooperative in play
  - Becomes interested in clothes & hair styles.

Freud theorizes that the preschooler is in the phallic stage of development

# Cognitive Development

- **Thinking in this period is imaginative and there is also a kind of logic.**
- **Learning achieved through play. When the child bathes or cooks for a doll, the doll to the child is a living being.**

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- **They learn through trial & error & they think of only one idea at a time.**
  - **They do not understand relationship as between father mother, or sister brother.**
  - **Start to form concepts, Reading skills increased (animals or children books) & can count money.**
  - **They obey because parents have set limits not because he understands right and wrong.**



# Emotional Development:

- Fears the dark.
- Tends to be impatient and selfish
- Expresses aggression through physical & verbal behaviors.
- Shows signs of jealousy.



# Health protection

- **Boosters of vaccinations**
  - **Given between 4 and 6 years**
- **Annual health examination**
  - **Monitors the child's growth and development**
  - **Screens for health problems**



# Topics for Family Teaching

- **Bathing**
- **Dental care**
- **Dressing**
- **Toileting**
- **Sleep needs**
- **Accident prevention**
- **Infection prevention**





# Topics of Teaching to Prevent Accidents in Preschoolers

- **Seat belt use**
- **Wearing bicycle safety helmets**
- **Practicing street safety**
- **Fire drills**
- **Swimming safety**

# Topics of Teaching to Prevent Infection in Preschoolers

- **Covering mouth when coughing or sneezing**
- **Disposing of tissues properly**
- **Correctly wiping after bowel movements**
- **Good hand washing**
- **Not sharing cups, utensils, food, or toothbrushes**



# Health promotion

- **Sleep pattern:**  
**toddlers needs 12hrs/day**
- **Nutrition requirement:**  
**Daily caloric requirements is 90kcal/kg. about 1,800kcal/day**
- **Dental health:**  
**teeth brushing and flossing**



# Selected health problems

## Fears

Common Fears:

1. Darkness
2. Being left alone
3. Animals
4. **Body mutilation**
5. Pain



## Sex Education

- **They are acutely aware of their sexuality, including sexual roles and organs**
- **They generally develop a strong emotional attachment to the parent of the opposite sex**
- **The caregiver should teach responsible sexual information**
- **The caregiver should teach the child “good touch” and “bad touch”**

# **Nursing Care for the Preschooler in a Health Care Facility**

- **Use play to act out anxieties and learn what to expect from the hospital situation**
- **Do not use a rectal thermometer**
- **Do not scold a child for reverting to bedwetting**
- **Follow home routines as closely as possible**
- **Carefully explain all procedures to the child**
- **Provide play material**



**GOD BLESS YOU**