

# 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.**



## **Weight:**

Average weight gain during this time period is about 4 to 5 pounds (2.3 kg) per year

## **Height:**

The average preschool-age child will grow 2.5 to 3 inches (6.5 to 7.8 cm) per year



## Physiological Growth:

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



# Sensory Development

**Hearing** is intact at birth and should remain so throughout the preschool years.

The senses of **smell and touch** continue to develop throughout the preschool years.



## Sensory Development

The young preschooler may have a less discriminating sense of **taste** than the older child, putting him or her at increased risk for accidental ingestion.

**Visual** acuity continues to progress and should be equal bilaterally. Color vision is intact at this age.

# Motor Development:

Age	Gross motor	Fine motor
<b>3rd year</b>	<ul style="list-style-type: none"><li>• Walks a straight line, backward.</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>• <u>Put beads on a string.</u></li></ul>



# Motor Development:

Age	Gross motor	Fine motor
4th year	<ul style="list-style-type: none"><li>• Walks a balance beam.</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

- The preschool years are a time of refinement language skills.
- The 3-year-old exhibits using short sentences that contain only the essential information.
- Vocabulary at 3 years is composed of about 900 words.
- The preschool child may acquire as many as 10 to 20 new words per day




## **B .Play**

- Preschool children like to write, color, draw, paint with a brush or their fingers.
- Preschoolers begin to play **cooperatively** with one another. They are able to work together toward a common goal such as building a house.
- Cooperative play encourages the preschool child to learn to share, take turns and compromise, listen to others' opinions, and use self-control and overcome fears.

# Psychosocial Development

- According to Erik Erikson, the psychosocial task of the preschool years is establishing a sense of **initiative versus guilt**.
- The preschooler is an inquisitive learner, very enthusiastic about learning new things.
- Preschoolers feel a sense of accomplishment when succeeding in activities and feeling pride in one's accomplishment helps the child to use initiative

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- when the child extends himself or herself further than current capabilities allow, he or she may feel a sense of **guilt**. he will appear anxious and frightened in his contact with others.
  - The **superego** or conscience development is completed during the preschool period,



# 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**
- **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**