

developmental level may develop **dyslalia** (articulation problems) or revert to using infantile speech. Prevention involves educating parents regarding the usual achievement of speech production during childhood. The **Denver Articulation Screening Exam** is an excellent tool for assessing articulation skills of a child and for explaining to parents the expected progression of sounds.

## Promoting Optimal Health During the Preschool Years\*

### Nutrition

Healthy nutrition during childhood should include consuming a variety of nutrient-dense food, ensuring sufficient energy to promote growth and development, and balancing energy intake with energy expenditure to maintain a healthy weight (Kleinman and Greer, 2014). Nutritional needs vary depending upon age, gender, activity level, and state of health. The requirement for calories per unit of body weight continues to decrease slightly to 90 kcal/kg. The estimated daily caloric requirement for preschoolers is 1,000 to 1,800 calories (Kleinman and Greer, 2014). Fluid requirements may also decrease slightly to approximately 100 ml/kg/day, but requirements are affected by climatic conditions. Protein requirements increase during childhood, and the recommended intake for preschoolers is 13 to 19 g/day (0.45 to 0.67 oz/day) (US Department of Agriculture and US Department of Health and Human Services, 2010).

The American Academy of Pediatrics Committee on Nutrition recommends that the total fat intake over several days be 30% of total caloric intake for children 2 years old and older (Kleinman and Greer, 2014). This recommendation is important in the prevention of childhood obesity and the development of other morbidities. Research has shown that the development of obesity, cardiovascular disease, diabetes, and cancer can be influenced by early eating patterns (Macauley, Donovan, Leask, et al, 2014).

While limiting fat consumption, it is also important to ensure diets contain adequate nutrients. This can be done simultaneously as in the following example regarding calcium. The Recommended Dietary Allowance (RDA) of calcium for children 1 to 3 years old is