

Health Promotion of the Preschooler and Family

Rebecca A. Monroe



Promoting Optimal Growth and Development

Biologic Development

The rate of physical growth slows and stabilizes during the preschool years. The average weight is 14.5 kg (32 pounds) at 3 years old, 16.7 kg (36.8 pounds) at 4 years old, and 18.7 kg (41.5