

- b. I think it is okay for my son to play dress-up along with the girls.
 - c. I told my son that his imaginary playmate moved away because it did not seem normal.
 - d. My mother-in-law thinks I should be working around the house all the time, but I believe playing with my son is very important.
 - e. My neighbor gave me some flash cards with letters and numbers for my son to use, but I said, "What's the rush? He's only 4."
4. One of the concerns of the preschool period is adequate nutrition. What can the nurse say to give anticipatory guidance to parents?
- a. Preschoolers are growing during this period and need to increase their caloric intake to 110 kcal/kg, for an average daily intake of 2200 calories.
 - b. There is some evidence that children self-regulate their caloric intake. If they eat less at one meal, they compensate at another meal or snack.
 - c. To monitor fat intake, dairy and meat should be limited to twice a day.
 - d. For children who do not like milk, consumption of fruit juices is a healthy alternative.
5. At an appointment at the pediatrician's office, a patient's mother states, "My son gets rough with some of the neighborhood kids. I am worried that he is becoming a bully." Which statements by the mother need more teaching? Select all that apply.
- a. When my son becomes aggressive, I feel he needs to be punished.
 - b. I think it is good for him to bond with his dad, so they often watch TV together.
 - c. I am trying to get him to learn to say what he is upset about in words.
 - d. Boys will be boys, so I think this can be considered a normal stage in development.
 - e. I am thinking that a time-out would be a better strategy than spanking when my son shows this behavior.