

- 3- Discuss need for firm but gentle discipline and ways in which to deal with negativism and temper tantrums.
- 4- Encourage periodic separation between parents and the child.
- 5- Assist parents to choose suitable toys for this age.
- 6- Emphasize need for dental supervision.
- 7- Discuss developing fears such as darkness or loud noises.
- 8- Prepare parents for signs of regression in times of stress.
- 9- Discuss investigation of nursery school.

## Preschool child

### **Growth and development of Preschool (3 to 6 years)**

#### **- Physical growth**

##### **Weight**

- The preschooler gains approximately 1.8 kg/year, 3year = 14kg

##### **Height**

- ☐ Child doubles birth length by 4-5 years of age.
- ☐ Formula to calculate weight and height are the same as toddlers

#### **- Physiological growth**

##### **Vital signs**

1. **Pulse:** 80-120 beat / min (average 100 beat / min).
2. **Respiration:** 20-30 cycle/ minutes.
3. **Blood pressure:** 100/67 + 24/25.

#### **Motor Development:**

##### **At 3 Years**

##### **Gross motor**

Rides a tricycle.

**Fine motor**

Copies a circle and imitates a cross and vertical and horizontal lines.

**At 4 Years****Gross motor**

- Hops, jumps, and skips on one foot.
- Rides a tricycle or bicycle with training wheels.

**Fine motor**

- Copies a square and traces a cross.
- Draws recognizable familiar objects or human figures.

**At 5 Years****Gross motor**

- Skips, using alternate feet.
- Jumps rope.

**Fine motor**

Draws a stick figure with several body parts, including facial features

**Cognitive Development:****According to piaget theory**

**The preschool up to 4 years of age is in the pre-conceptual phase.** He begins to be able to give reasons for his belief and actions, but not true cause-effect

- Exhibits egocentric thinking which lessens as the child approach age 4.
- Short attention span.
- Learns through observing and imitating.
- Display animism.
- By the age 4 understanding the concept of opposites (hot / cold – soft / hard).

**Language Development:****3years:**

- Vocabulary of 800- 1000 words.
- Uses 4 words sentences.
- Ask why.

**4 years:**

- Vocabulary of 1500 words.
- Uses 3 to 7 words sentences.
- Uses —I|| in his speech

**5 years:**

- Vocabulary of 2100 words.
- Asks for the meaning of words.

**Emotional Development**

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

**Psychological development**

According to Freud's theory of psychological development the preschool child develop a phallic stage (3-7)

**Social Development****According to Erikson theory****☐ The preschooler is in the stage where he develops a sense of initiative versus guilt,**

☐ The child wants to learn what to do for himself, learn about the world and other people.

- Initiates activities with others .
- Act out the roles of others people ( real & imaginary ).
- Like exploring new things .
- Enjoy sports, shopping, cooking, working .
- Cooperate with other children .

☐ Development a sense of guilt occurs when the child feels that his or her imagination and activities are unacceptable

- ☐ He is active imagination, creative and energetic.
- ☐ Egocentric
- ☐ Less dependent on parents
- ☐ May have dreams & night-mares

### **Needs of Preschool child:**

#### **1- Security and independence**

- The child feels love and security when he has two parents. He needs their love and understanding.

#### **2- Guidance**

- The parents besides showing love for him must teach and guide him toward maturity by suggestions not commands helpful the child in forming good relation with other people.

#### **3- Sex information**

- Sex education during pre-school years is important.
- The child learns that he or she is a boy or a girl.
- Parents should answer the child directly and honestly.

#### **4- Learning language**

- The pre-school child learns to communicate his feeling and ideas.
- This is a period of rapid vocabulary growth.
- He also learns by imitating adult and other children.

#### **5- Religious education**

- Religious can be understood taught that —God loves him.

### **Problems of Preschool child:**

- Thumb-Suckling:
- Encopresis
- Selfishness
- Masturbation
- Enuresis
- Bad language
- Hurting Others
- Destructiveness

### **Care of Preschool child:**

#### **1- Physical Care**

- Pre-School child is gaining competency in self-care. Feeling of security in his home environment will help him to become independent in self-care.