

Preschoolers stage

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Preschoolers stage

It is the stage where child is 3 to 6 years of age. The growth during this period is relatively **slow**.

Physical growth-:

- **Weight:** The preschooler gains approximately 1.8kg/year.
- **Height:** He doubles birth length by 4–5 years of age.

Physiological growth

- **Pulse:** 80–120 beat/min. (average 100/min.(
- **Respiration:** 20–30C/min.
- **Blood Pressure:** .100/67±24/25
- Arms and legs become longer in relation to their torso
- Becomes thinner
- Improved ability to hop, skip, catch and throw and balance on one foot
- Can feed themselves
- Can draw somewhat realistic pictures

Physical Development



- Growth is slow and gradual.
- Appetites are small.
- Nutrition is especially important.
- Children begin to lose babylike features.
- Heart rate slows and steadies
- Blood pressure increases
- Digestive tract matures, lags behind other organs

Physical Development

Motor Development

- Small and large motor skills are refined and complex.
- Preschoolers master greater control of their bodies.
- Activities and skills include
  - running, galloping, hopping, and climbing.
  - balance beam.
  - Standing on one foot
  - ball throwing.
  - swaying to music; learning rhythms and dances.
  - bicycle riding .

Fine-Motor Development

3year olds	4year olds	5year olds
Builds uneven tower of blocks	Cuts on line with scissors	Folds paper along the diagonal
Pours water from a pitcher	Washes hands	Copies a square and a triangle
Copies a circle	Copies a letter t	Traces a diamond shape
Draws a straight line	Makes a few letters	Laces shoes and may tie them(

Cognitive Development

Preschooler 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 relationship.

- Ask "who, what and where" questions about their environment
- Use short sentences to carry on a conversation
- Begin to learn about reading, writing and following directions
- Can concentrate on a task

Emotional and Social Development

- Egocentric
- Tolerates short separation
- Less dependent on parents
- May have dreams & night-mares
- Attachment to opposite sex parent
- More cooperative in play

Emotional and Social Development

According to **Erikson theory:** The preschooler is in the stage where he **develops a sense of initiative**, Where he wants to learn what to do for himself, learn about the world And other people. When he fail he develop **sense of guilt.**

- Can understand and follow rules
- Have a sense of right and wrong
- Want to avoid punishment and gain rewards
- Express feelings
- Need to develop positive feelings about themselves
- May have fears, such as of the dark

Needs of preschool child

- Love and security
- Independent
- Guidance (set of rules(
- Sex information (masturbation odepal complex and Electra complex (
- Religion information
- Learning language
- Healthy nutrition
- Playing and exercise
- Safety measure

Development problems of preschool child

- Thumb sucking
- Food like and dislike
- Enuresis: (physiological or psychological) if the enuresis is nocturnal (night)they best treat by decrease fluid ,walking schedule and avoid punishment
- Encompresis : (physiological or psychological(
- Selfishness
- Bad language
- Destructiveness :break things and Hurting other

Physical needs of preschool child

- Love and security
- Healthy nutrition
- Sleep ,rest and quit environment
- Playing
- Learning language
- Routine health examination (visual ,auditory screening test(

Common Preschoolers accidents and injuries



- Motor accident
- Drowning
- Falls
- Burn
- Injury by sharp instruments or play contact
- Suffocation
- Poisoning

Preschoolers Care Giving Guidelines

- Build motor skills by providing water play, encouraging running, skipping, playing catch and with games like hide and seek and Simon Says.
- Do simple crafts, storytelling, use puppets and play dress up.
- Encourage the child to talk about their activities, artwork and feelings about their friends and family.
- Provide puzzles, cutting and coloring activities.
- Assign household tasks and help the child to successfully complete the task.
- Talk with the child about their everyday activities and feelings, encouraging their questions.

Summary of Nursing Interventions

- Encourage parents to be involved in care of child.
- Provide safe versions of medical equipment for playtime.
- Give clear explanations about procedures and illnesses.

Summary of development Milestones

- Uses scissors.
- Rides bicycle with training wheels.
- Throws a ball.
- Writes a few letters.
- All parts of speech well-developed.

QUESTIONS

