

A photograph of four diverse preschool children in a classroom. From left to right: a young boy with blonde hair wearing a blue shirt, a girl with dark curly hair wearing a yellow shirt, a boy with blonde hair wearing a white shirt, and a girl with dark hair in pigtails wearing a green shirt. They are all smiling and looking towards the camera. In the background, a globe is visible on a shelf. The text "Preschoolers stage" is overlaid in yellow on the bottom half of the image.

Preschoolers stage

Dr. Huda Shawky

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

