

Preschooler Development (37 months-5 years old)



Preschooler Development Course

Presented by **Square One**, a non-profit school readiness initiative in Virginia Beach, Virginia, that provides professional development training to those who work with young children ages 0-5 and their families.

Square One is a division of the Virginia Business Coalition on Health (VBCH).

Visit www.SqOne.org and www.myvbch.org

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* “Preschooler Development” Course developed in 2012.

Preschooler Development Course

This self-paced online training course is designed to provide information on **Preschooler Development (37 months - 5 yrs.)**, in a one hour format, focusing on the development of a preschool child.

It is important for early childhood educators, home visiting agency staff, parents/caregivers and others who work with young children to understand preschool age development, including developmental milestones.

As you progress through this online course, please note the “**review**” **quiz questions** will help you “practice” for the final quiz.

You will be asked to follow the link to take the “Final Quiz” on the last slide in this presentation. A certificate will be sent to you after receiving an 80% pass rate.

Course Competencies and Learning Objectives

1. Trainees will understand age-appropriate development
 - a. Given examples of physical, social/emotional, cognitive, and language developmental milestones, trainees will classify which milestones match which age group of pre-schoolers.
 - b. Given the importance of positive parent/child interaction, trainees will identify ways that parents and caregivers can promote brain development in pre-school children.
 - c. Given normal developmental milestones, trainees will recognize indicators that development is not taking place within normal limits and that referral for further services may be suggested.

Course Competencies and Learning Objectives

2. Trainees will develop an understanding of issues commonly found with the pre-school-aged child and will identify strategies to address these issues.
 - a. Given examples of common play scenarios in pre-school children, trainees will identify ways play is used as a communication tool, method of expression, and vehicle for learning.
 - b. Given examples of common pre-school behaviors, including sharing, not getting along with others, and being aggressive toward others, trainees will identify the causes of these behaviors, including sibling rivalry and separation anxiety.

Course Competencies and Learning Objectives

3. Trainees will recognize exploration, safety, and health issues that affect this age group.
 - a. Given the characteristics of physical development of children ages 37 months to 5 years, trainees will explain the importance of routine, preventive medical care, including check-ups, immunizations, and oral health care.
 - b. Given statistics of unintentional injuries in children ages 37 months to 5 years, trainees will explain the need to educate children, parents, and caregivers about home and neighborhood safety issues and identify some of the most common causes of unintentional injuries in this age group.

Course Competencies and Learning Objectives

4. Trainees will identify effective discipline strategies to manage anger, frustration, oppositional behaviors, and impulse control.
 - a. Given the definition of discipline, trainees will differentiate between discipline and punishment, emphasizing the role of positive discipline in raising children.
 - b. Given the reasons why children of this age group misbehave, trainees will identify and explain how to use several discipline strategies, including “Time out,” “1, 2, 3 Magic,” “Catch them being good,” and “The 101 Positive Principles of Discipline.”

Preschooler Development



In the next few slides, we will explore not only the general guidelines for “normal” preschool age child development, but also the role that culture plays in development, the importance of parent/child interaction on development, and finally, signs of developmental delays.

The Role of Culture in Child Development



What role does culture
play in the way a child's
development is viewed?

The Role of Culture in Child Development

Different cultures view child development in different ways:

- Some cultures value spending time with children more than others
- Some cultures value one aspect of development over another and may emphasize that aspect – for example, a culture may highly value cognitive ability and intellectual development, therefore; encouraging that aspect of development more while not paying enough attention to the others
- Varying levels of education in all cultures affect caregivers' expectations about children's development – some expectations may be unrealistic
- Some value different family sizes, which may influence the amount of quality time parents have to interact with preschool-aged children



Parent/Child/Teacher Interaction

How important is parent/child/teacher interaction in the development of children? How do you interact with young children?



Ways to Interact with Children



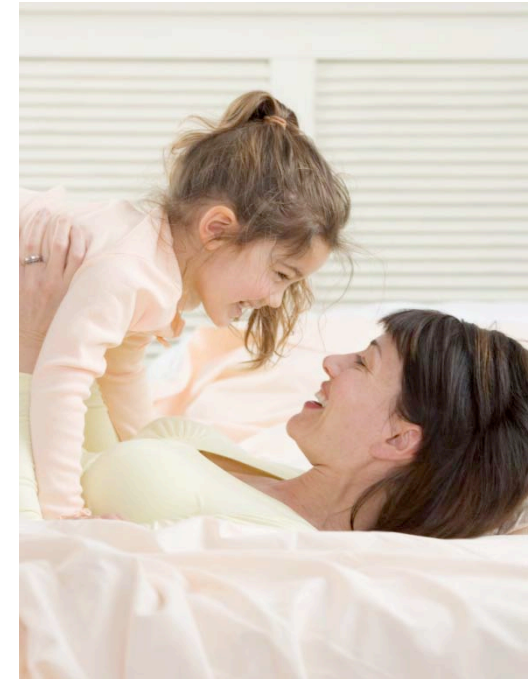
Talking

Reading books
aloud

Singing

Laughing

Hugging



Paying attention to
the child

Playing with the
child



Parent/Child/Teacher Interaction

Parent/child/teacher interaction is very important!

Talking, singing, reading aloud, playing, hugging, and asking questions will help develop a child's brain as well as promote literacy skills.

Research shows that reading to a young child is the single most important strategy to improve school readiness skills.

Make reading fun– use a different voice while reading, utilize puppets and try acting out stories! Find a topic that a child is interested in and explore that subject with books.

Be sure you read to children everyday!

Let's Review...

Do you know the answers?

True or False-

1. All cultures value the academic achievements of young children the same.
2. Hugging is a way of interacting with a child.
3. Reading to a child is an important strategy for building literacy/school readiness skills.

Answers to review questions...

How did you do?

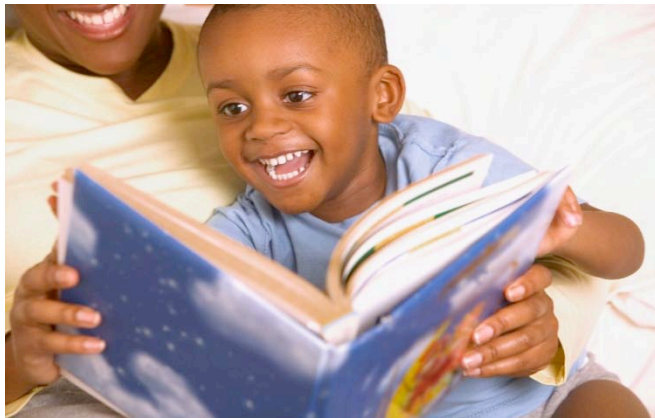
- 1) False- (Some cultures feel academic achievement is more important than other milestones of development.)
- 2) True- (Hugging, cuddling, smiling, etc. are non-verbal forms of interaction with children.)
- 3) True- (Reading with children is one of the most important ways to promote literacy and school readiness skills.)

Preschooler Developmental Milestones

Physical Development



Cognitive Development



Language Development

Social and Emotional Development

Preschooler Developmental Milestones

Do you know how many words a 3 year old should be able to say, if they are developmentally on target for their age?



Preschooler Developmental Milestones

If you guessed 500-900 words, you are absolutely correct.

Now...How many words should a 5 year old know or be able to say?



Preschooler Developmental Milestones

By age 5, a child should be able to say about 2,000 words!
How quickly they grow and develop!



3 yr. old Developmental Milestones



Physical/Movement and Cognitive Development

Runs, jumps, and climbs well
Concentrates on tasks for
8-9 minutes

Walks up stairs unassisted,
alternating feet

Recognizes shapes and colors

Stands on tiptoes

Rides tricycle

Matches and sorts items

Throws ball overhand

Knows full name and age

Dresses and undresses self

Stacks 5-10 blocks

Holds crayons well

Attempts to solve problems

Draws straight lines and copies a
circle

3 yr. old Developmental Milestones

Language and Social/Emotional Development

Uses understandable speech

Does adult-like role/pretend play (i.e., talking on the phone, talking to dolls, etc.)

Says about 500-900 words

Likes to play with others

Speaks in two or three word sentences, progressing to four to five word sentences

Begins to show feelings in socially acceptable ways (i.e., fewer temper tantrums)

Refers to self by using own name/Says full name, age, and sex

Uses “please” and “thank you”

Takes turns

Begins to share

Enjoys helping with simple household tasks

Asks “who, what, when, where and why” questions

Begins to talk about feelings like fear and sadness

Names colors

Plays well with others; cooperates

Uses pronouns correctly (I, you, he, me, etc.) & plurals



Age 3

4 yr. old Developmental Milestones



Age 4

Physical/Movement and Cognitive Development

Walks downstairs alone

Begins to understand time

Skips and hops on one foot

Believes his or her own thoughts can make things happen

Understands difference between fantasy and reality

Builds a block tower with 10 blocks

Likes to explore the body and may play doctor or nurse

Buttons clothing

Moves forward and backward with agility

Correctly names some colors

Begins to copy some capital letters

Understands concept of counting

Uses scissors

Follows three-part commands

4 yr. old Developmental Milestones

Language and Social/Emotional Development

Says about 1,500 words

Begins to become less aware of only one's self and more aware of people around him or her

Speaks in four to six word sentences

Wants to do things on his or her own; very independent

Likes to tell stories/describe how to do things

Selfish; does not like to share

Sings songs

Fights with siblings but negotiates solutions to conflicts

May have imaginary playmates

Asks questions constantly

Has a number of fears

Has mastered some basic rules of grammar

Imagines that unfamiliar images may be "monsters"

Age 4



5 yr. old Developmental Milestones



Physical/Movement Development

Jumps rope
Somersaults, may be able to skip
Swings
Begins to learn to tie shoes
Copies shapes while drawing
Dresses/undresses self completely
Uses fork, spoon, and sometimes knife

Cognitive Development

Age 5

Can name coins and money
Can understand commands with multiple instructions

Has an increased understanding of time
Is curious about real facts about the world
May compare rules of parents with that of friends
Likes to cook
Can count 10 or more objects

5 yr. old Developmental Milestones



Age 5

Language and Social/Emotional Development

Says about 2,000 words

Speaks in six to eight word sentences

Wants to be like friends

Is eager to please others and make them happy

Has good manners

Knows days of the week and months of the year

Gets along well with parents

Knows address and phone number

Recalls parts of a story/tells longer stories

Likes to play sports

Able to distinguish fantasy from reality

Let's Review...

True or False Questions:

- 1) A 3 yr. old can name colors of things.
- 2) A 4 yr. old understands the concept of counting.
- 3) A 5 yr. old is able to distinguish the difference between fantasy and reality.

Answers to review questions...

- 1) True – (3 yr. olds should be able to name the basic colors.)
- 2) True- (4 yr. olds should be able to count objects.)
- 3) True- (5 yr. olds should be able to distinguish the difference between fantasy and reality.)

Signs of Developmental Delay

Unfortunately, some children do not meet the milestones outlined in the general guide and are considered “developmentally delayed.”

Early recognition of a developmental delay can enable the parent or caretaker to obtain helpful services for the child when he or she is young, hopefully allowing for the child’s achievement of his or her maximum level of development and functioning.

There are several tests available that are used to screen for developmental delays. Always consult a professional.



Signs of Developmental Delay

These could be “red flags” indicating delays for a 4 to 5 year old child:

Speech is hard to understand (unclear articulation, poor voice quality)

Child is not talking in complete sentences by age 5

Stuttering continues past age 5

Child is not able to sit and listen to a short story

Child is not able to dress/undress themselves

Child is not potty trained by age 5

Child cannot follow 2-step directions by age 5

Child is not able to pedal a tricycle by age 4

Child is still in “scribble” stage in creative
art process at age 4

The child’s fine motor skills are not
developing, i.e., not beginning
to use scissors or draw shapes



Screening Tests

Several tests are available to screen for developmental delay:

The **Denver Developmental Screening Test**: ages 0-6 years

The **Bayley Scales of Infant Development (BSID)**

used to assess cognitive, behavioral, and motor development for children 2 to 30 months.

The **Battelle Developmental Inventory (BDI)** evaluates children from birth to 8 years

The **Ages and Stages Questionnaires (ASQ)** is a screening tool that evaluates children ages 4 to 60 months in the areas of communication, gross motor skills, fine motor skills, problem-solving, and personal-social development.

The **Stanford-Binet Intelligence Scale** is a standardized instrument used to assess the cognitive functioning of children ages two to 23 years

The **Weschler Pre-school and Primary Scale of Intelligence-Revised (WIPPSI-R)** is a comprehensive test to determine overall cognitive ability for preschoolers (ages 4 to 6.5).

Developmental Delays

Any child of preschool age who is suspected of having a developmental delay should be referred to an Early Childhood Intervention Program for a screening. Ask a pediatrician to suggest professionals in the area.

In the Commonwealth of Virginia, all children age 2 and above may be screened FREE by their City or County Public School System.

It is important to get early intervention services as soon as possible.

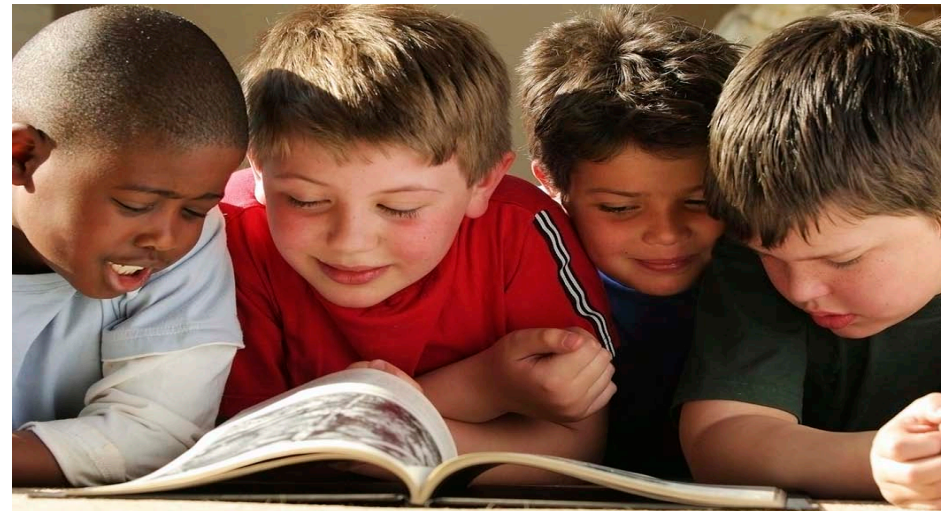
Milestones To Remember

3 Years

- Runs, jumps, and climbs well
- Rides tricycle
- Concentrates on tasks for 8-9 min.
- Says about 500-900 words
- Takes turns
- Begins to share

4 Years

- Buttons clothing
- Uses scissors
- Understands difference between fantasy and reality
- Says about 1,500 words
- Speaks in four to six word sentences
- Very independent
- Imagines that unfamiliar images may be “monsters”



5 years

- Jumps rope
- Somersaults
- Says about 2,000 words
- Is eager to please others and make them happy
- Likes to play sports
- Able to distinguish fantasy from reality

Let's Review...

True or False:

1. A child's vocabulary increases from 500-900 words at age 3 to nearly 2000 words by age 5.
2. A child is considered to have a delay in their development if they are not able to use scissors or ride a tricycle by age 3.
3. A child is considered delayed if they are not able to dress and undress themselves by age 5.

Answers to review questions...

- 1) True- (A 5 yr. old child should say nearly 2000 words.)
- 2) False- (A 3 yr. old is still learning to cut with scissors and ride a tricycle. It is normal if they have not yet mastered those skills.)
- 3) True- (A child should be able to dress and undress themselves at age 5.)

Let's talk about child safety...



Let's Be Safe

Accidents are the greatest threat to the life and health of a child.

According to Safe Kids USA, “Accidental injury is the number one killer of America’s children, taking more lives than disease, violence, and suicide.” (Safe Kids USA, http://www.usa.safekids.org/tier2rl.cfm?folder_id=166).



Let's Be Safe

Pre-school-aged children are becoming more independent, especially as they become older.

Five-year olds, while it is recommended they are never left unsupervised, are beginning to ride a bicycle and cross the street.

In fact, according to Children's Hospital of the King's Daughters in Norfolk, VA,

“Most unintentional injuries occur between May and August, during evening hours when children are most likely to be unsupervised. Almost half of unintentional injuries occur in or around the home.”



Let's Be Safe

Accidents and injuries...

What are some examples of injuries that occur in preschool age children?



Let's Be Safe

If you guessed...



Falls

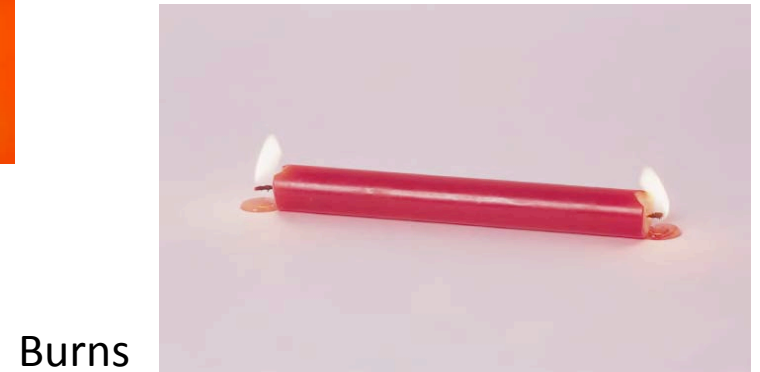


Drowning

Shootings



Children in car accidents



Burns

You are right!

Let's Be Safe

One in four children each year still suffer injuries that are serious enough to require medical attention. Among the causes of these injuries are falls, car accidents, and bicycle-related injuries.



Additionally, drowning is the leading cause of unintentional injury-related death among children ages 1-4. Most drowning accidents occur in residential swimming pools, although children can drown in as little as one inch of water.

Burns are also of concern for the preschool-age child, but the good news is that up to 90 percent of unintentional injuries can be prevented.

Let's Be Safe



Burns

Burns and fires are the fifth most common cause of unintentional injury-related death in children ages 14 and under.

Fire kills about 500 children ages 14 and under each year. The majority of fires that kill or injure children are residential fires.

The majority of children, ages 4 and under, who are hospitalized for burn related injuries from scald burns (65%) or contact burns (20%).

Hot tap water scald burns cause more deaths and hospitalizations than burns from any other hot liquids.

Risk factors

Flame: playing with matches, cigarette lighters, fires in fireplaces, barbecue pits, and trash fires

Scalding: tipping scalding liquids, bathtub scalds associated with lack of supervision or child abuse

Let's Be Safe

Prevention of Burns

During the past 30 years, burn injuries have decreased significantly in the U.S. due to the following prevention strategies:

- Using working smoke detectors in multiple areas of the home
- Using flame-resistant sleepwear and toys for young children
- Keeping flammable products out of the reach of children
- Decreasing smoking
- Setting water heaters in homes to 120 degrees Fahrenheit or below
- Always testing the temperature of liquids, foods, and bath water before exposing children to them



Let's Be Safe

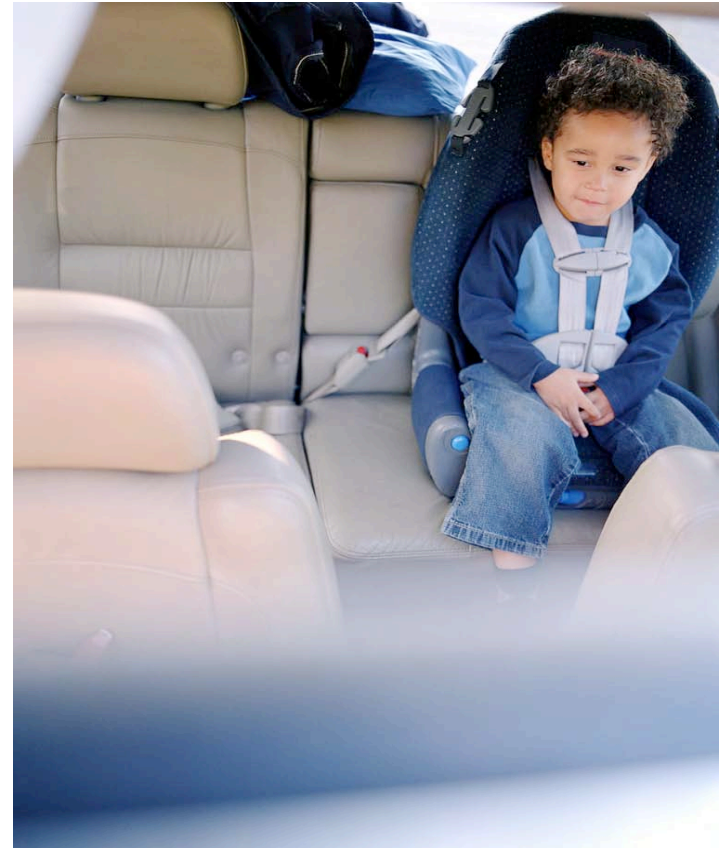
Car Safety

In Virginia, as of July 2007, child restraint devices are required for all children **up to age 8** when they are in a moving vehicle.

The car seat used must be properly installed according to Virginia's Dept. of Transportation, but about 85 percent of child safety seats or booster seats are improperly used.

Some of the most common mistakes in installing or using child safety seats include the following:

- safety belt not holding the seat in tightly and/or not in locked mode
- harness straps not snug and/or routed correctly
- harness retainer clip not at armpit level
- locking clip not used correctly
- car seat recalled and not repaired (includes booster seats)



Let's Be Safe

Parents and caregivers should carefully read their vehicle owner's manual and also ask a local fire station to check the child safety seat to ensure proper installation and use of the seat. Review your state laws as well.



Also, advise children not to play around the car and keep the car doors and trunk locked.

There are many programs both nationally and statewide for low-income families to obtain child safety seats. Call the *Center for Injury and Violence Prevention*, VA Department of Health, at 1-800-732-8333 for information on assistance programs for low-income Virginians.

Let's Be Safe



Street Safety

A child is in danger of being hit by a car if he or she darts out into the street while playing. It is advisable to take children to the playground or park to play.

Parents/caregivers should also show children the curb and teach them to always stop at the curb and never cross the street without a grown-up. Hold the child's hand to be safe!

Let's Be Safe

Bicycle Safety

Children begin to ride a two-wheel bicycle at ages 5-6. **One of the most important safety precautions parents should take is insisting that their children wear properly-fitting helmets** when bicycling, skating, or skateboarding, because head injury is the most common cause of death in bicycle-related deaths. Bicycle helmets can reduce the risk

of a head injury by 85 percent
and brain injury by 88 percent.



Even when a child is riding his or her bicycle along side of an adult, the adult should make sure he or she rides on the inside and against the flow of traffic.

Let's Be Safe

Bicycle Safety (cont.)

It is important to be sure that the bike a child rides is the correct size.

The child should be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. A child's first bicycle should have coaster brakes, as five-year-olds are unable to use the hand breaks correctly.

Children should not ride in the street.



Safety Points to Remember

- 1) Drowning is the leading cause of unintentional accidents for children ages 1-4.
Always supervise children around water!

Note: All teachers/parents/grandparents should try to take infant and child CPR and First Aid classes.

(Contact the Red Cross, local hospital or fire station for classes.)

- 2) Most unintentional injuries occur around the home between May and August, during evening hours when children are most likely to be unsupervised.
- 3) Make sure home smoke detectors are in working order.
- 4) Child safety seats need to be installed correctly in a vehicle to be effective.
- 5) Proper fitting helmets should be worn by children/adults when riding bikes.

Let's Review...

Can you answer these questions correctly?

1. The leading cause of unintentional injury- related death in children ages one to four is:
a. Automobile accidents; b. Bicycle accidents; c. Drowning; d. Falls
2. To prevent burns, home water heaters should be set at a temperature no higher than ____ degrees Fahrenheit:
a. 120 degrees; b. 130 degrees; c. 140 degrees; d. 150 degrees
3. In Virginia, as of July 2007, child restraint devices are required for all children up to age ____ when they are in a moving vehicle.
a. 6 years; b. 7 years; c. 8 years; d. 9 years
4. The use of bicycle helmets can reduce the risk of a head injury by ____ percent.
a. 50; b. 60; c. 75; d. 85

Answers to review questions...

1. The leading cause of an unintentional injury- related death in children ages 1-4 is: **c. Drowning**
2. To prevent burns, home water heaters should be set at a temperature no higher than ____ degrees Fahrenheit: **a. 120 degrees**
3. In Virginia, as of July 2007, child restraint devices are required for all children up to age ____ when they are in a moving vehicle. **c. 8 years**
4. Wearing bicycle helmets can reduce the risk of a head injury by __ percent.
d. 85 percent

Importance of Outside Play

Preschoolers should have at least 1 hour of outside play in an 8 hour childcare program.

It is recommended that preschoolers accumulate at least 60 min. of structured physical activity each day.

Preschoolers should engage in at least 60 min. and up to several hours of unstructured physical activity or “free play” each day and should not be sedentary for more than 60 min. at a time, except when sleeping.

Source: National Association for Sport and Physical Education- www.aahperd.org



Playground Safety

Each year more than 200,000 children visit hospital emergency rooms because of playground injuries.

Many playground injuries can be prevented. Use this guide to examine your children's playground so that they can run, jump, swing and slide to their heart's content—safely.



Playground Safety

Protective surfaces on playgrounds are important!

Because nearly 79 percent of playground injuries are caused by falls to the ground, improper surfacing is the first thing parents should watch for when they inspect a playground. Wood chips, bark mulch, wood fibers, sand, pea gravel, shredded tires and rubber mats cushion falls well. A minimum depth of 9 inches* of material surrounding each piece of equipment in a 6-foot fall zone is recommended. Regular maintenance of a playground is also crucial.

*Based on information from the U.S. Consumer Product Safety Commission (CPSC), Public Playground Safety Handbook, Pub. No. 325 and information from the American Society for Testing and Materials Standards (ASTM), Standard Consumer Safety Performance Specification for Public Use Playground Equipment for Children 6 Months through 23 Months, F 2373-05



Playground Safety

Swings -

Swings are the pieces of moving equipment that are most likely to cause injuries to children. Metal or wooden seats should be replaced with soft seats. Swings should be set far enough away from other equipment so that children won't be hit by a moving swing. Only two swings should be in each supporting framework, and they should be at least 24 inches apart.



Full-bucket seats are recommended for younger children. Half-bucket seats are dangerous because babies and toddlers can slide out of them.

Playground Safety

Slides-

Playground slides should be well-anchored, have firm handrails and good traction on the steps. There should be no gaps between the slide itself and the platform. There should also be a bar at the top of the slide so that children have to sit before they go down.

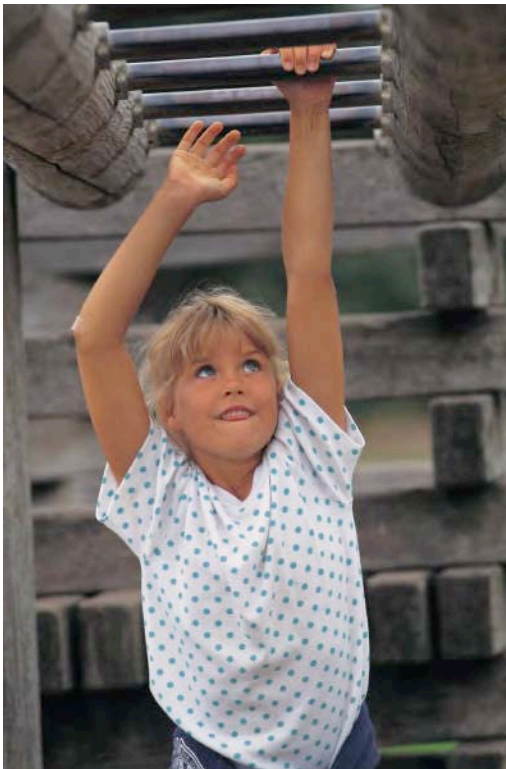
One of the greatest dangers with slides occurs when drawstrings on children's clothes get caught at the top of the slide. Although most children's clothing manufacturers have stopped making drawstrings, many children have older clothes.



Playground Safety

Climbing equipment -

Forty percent of all playground injuries are related to climbing equipment. More



children are injured falling off climbing equipment or horizontal ladders than anything else on the playground. Children under 4 shouldn't play on this equipment. However, climbers are great for encouraging upper body strength.

Watch older children when they're climbing, check that steps and handrails are in good condition, and make sure a guardrail or barrier surrounds raised platforms.

Any climbing ropes should be secured at the top and bottom.

**The number of injuries caused by monkey bars is so significant that many experts recommend that they be removed from all playgrounds.

Playground Safety

Top 10 Checklist for Playground Safety

1. Surfaces around playground equipment should be filled with at least 9 inches of loose fill, such as wood chips, mulch, sand or pea gravel.
2. Most stationary equipment should have at least a 6 foot use zone in all directions.
3. Any openings that can trap children (in guardrails or between ladder rungs) should be less than 3.5 inches apart or more than 9 inches.
4. Guardrails should surround all elevated platforms and should be at least 29 inches high for preschool-age children and 38 inches high for school-age children.



Playground Safety

5. Look for exposed concrete footings, tree roots or rocks that could trip children.
6. Check for sharp edges and dangerous hardware, like open “S” hooks or protruding bolts.
7. Make sure your child plays on age-appropriate equipment.
8. Playgrounds should be maintained regularly.
Report any problems immediately!
9. Remove hoods or drawstrings that can get caught on equipment.
10. Supervise children while they play.



Playground Safety Review

True or False Questions:

1. Since nearly 79% of playground injuries are caused by falls, rubber mats, wood chips, sand or mulch are needed to help cushion the fall zone area.
2. It is OK for several swings to be in the same framework as long as the swings are 24 inches apart.
3. One of the biggest dangers for slides is that the drawstrings from children's clothing often gets caught at the top of the slide.
4. Although injuries occur on climbing equipment, it is OK for 3 years old to climb on the monkey bars.
5. Children should always be supervised while they play.

Playground Safety

Answers to True/False Questions:

1. True- (9 in. of surface protection is recommended in the fall zones of playground equipment.)
2. False- (Only two swings should be in the same framework.)
3. True- (Make sure drawstrings are removed from jackets.)
4. False- (Children under age 4 should not play on climbing equipment.)
5. True- (Children should always be supervised during outside and inside play.)

The Healthy Preschooler



The Healthy Preschooler

According to the American Academy of Pediatrics, children should receive yearly medical examinations after age 3.

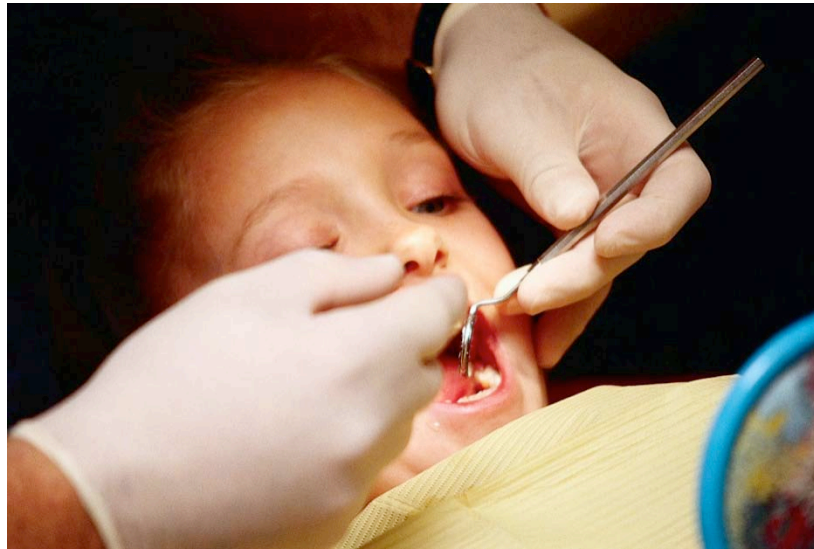


The check-ups should include a physical examination as well as developmental, behavioral and learning assessments.

Be sure to ask your pediatrician about any concerns!

The Healthy Preschooler

Don't forget about oral health!



By the time a child is a year old, visit the dentist.

Visit the dentist regularly thereafter (twice per year).

The Healthy Preschooler



After age 2, offer a pea-sized amount of toothpaste with fluoride, making sure the child doesn't swallow the toothpaste.

Help children brush their teeth twice a day until age 5 or 6.

Limit the child's consumption of sugary drinks such as soda and sweets. Offer diluted 100% fruit juice instead, but no more than 6 oz. per day. Offer water most frequently.

Never expect a young child to brush thoroughly on his or her own.

The Healthy Preschooler

Immunizations for children are very important!



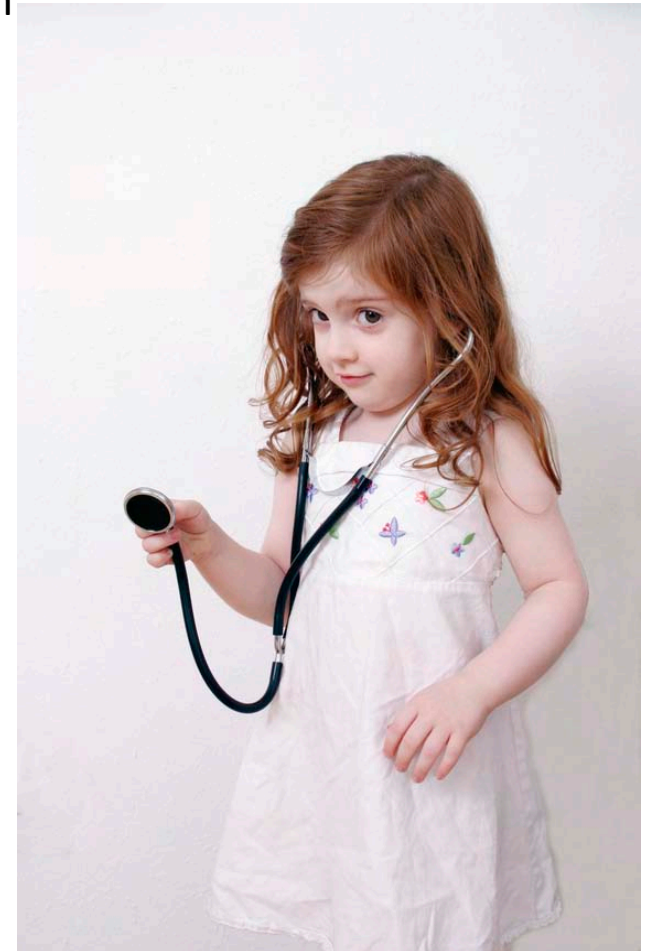
Children should be vaccinated against disease on a schedule as recommended by a pediatrician according to the American Academy of Pediatrics. Be sure that the required shots are given before starting Kindergarten.

Visit www.cdc.gov/vaccines/ to view the updated child and adult immunization schedules. Adult caregivers should be immunized also.

Health and Safety

Points to Remember:

- Preschoolers should have a yearly physical beginning at age 3, should visit the dentist twice yearly, and should brush their teeth at least two times a day.
- Limit the child's consumption of sugary drinks.
- Offer plenty of water.
- Keep up with the immunizations, as recommended by the American Academy of Pediatrics and the Centers for Disease Control and Prevention (CDC).

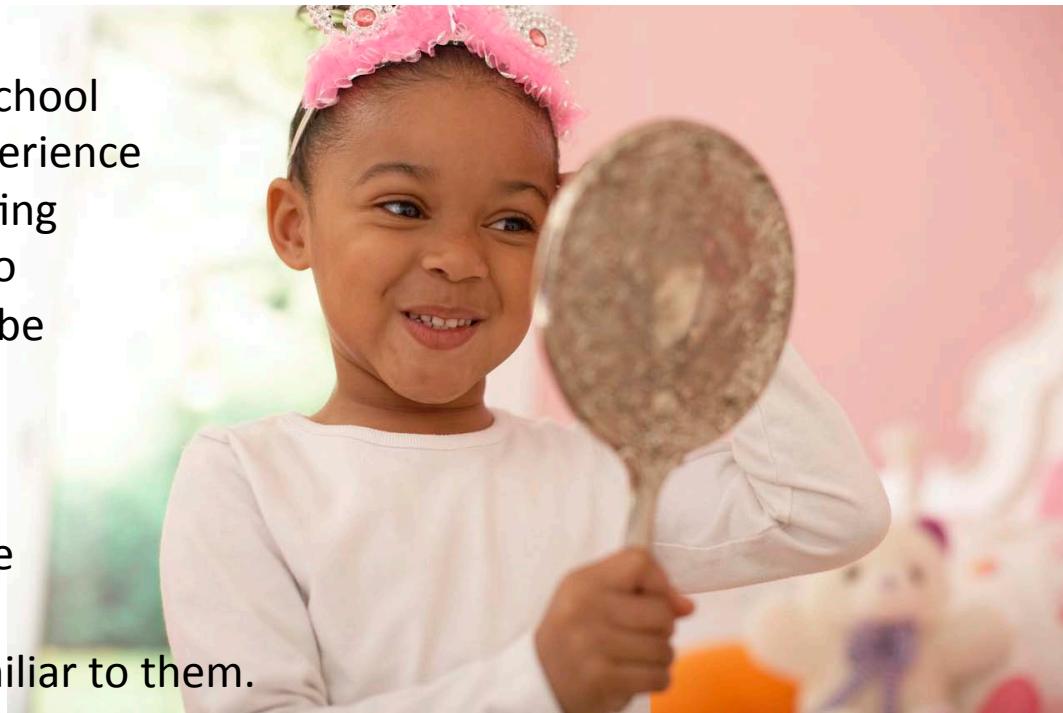


Communicating through Play

Even though preschoolers have more opportunities to express themselves verbally, they continue to use play as a way to express feelings, fears and excitement.

Children in the pre-school age group often experience issues when separating from their parents to attend child care or be with a babysitter.

In addition, they are learning to negotiate social environments that may not be familiar to them.



Communicating through Play



Children must also begin to learn to share with others, as they move from parallel play to cooperative play.

Not being able to always get their own way presents a challenge to preschool-aged children.

In addition, they are faced with new social situations and environments that they have to learn to negotiate.

Communicating through Play

This age is also characterized by sibling rivalry, in that the child may have been an only child during the first few years of his or her life, and now a younger sibling is introduced. Or perhaps, the preschooler has gotten his or her own way because he or she was the baby, but now that he or she is getting older and more mature, they are expected to take some responsibility even though the younger child isn't.

Hence, sibling rivalry begins.

Behavioral problems in children may have many causes. It is important to take environmental and other stressors into consideration.



Discipline for Preschoolers

Discipline, which means “to teach and train,” is important in a preschooler’s life.

- Discipline should be age-focused and should teach age-appropriate behaviors.
- Try to recognize and praise your child when he or she is being good. Rewards for good behavior should be immediate.
- Be a good role model for your child.
- Make sure the child knows it is the behavior you are not happy with, not the child. Be sure the child knows you love him or her no matter what the behavior.

Spanking a child is not recommended as a discipline strategy.



Discipline Strategies

1-2-3 MAGIC: This method gives the child two opportunities to correct inappropriate behavior, but if the parent/caregiver reaches the count of 3, a consequence occurs.

Time Out: A child is isolated in an area of the room after an adult explains the reason for his misbehavior. The usual length of “time out” is one minute per year of the child’s age.

Time-In: Time-In refers to the positive interactions and feedback children receive from adults when they are not misbehaving. “Catch them being good” and praise them for their actions.

Diversion/Redirection: A child’s attention is diverted from the inappropriate behavior.

Giving Choices: To avoid power struggles, it is often advisable to provide the child with choices of acceptable alternatives.



Discipline Strategies

101's : A Guide to Positive Discipline

Dr. Katharine C. Kersey, Professor of Early Childhood Education, Old Dominion University, Norfolk, Virginia has developed the 101's which are user-friendly discipline strategies to use with young children.

5 Strategies that really work!

1) Demonstrate Respect Principle- Treat the child the same way you treat other important people in your life- the way you want them to treat you- and others.

2) Modeling Principle- Model the behavior you want. Show the child, by example, how to behave. Children will grow up to be like us.

3) Choice Principle- Give the child two choices, both of which are positive and acceptable to you. (“Would you rather tiptoe or hop upstairs to bed?”)

4) When/Then - Abuse it/Lose it Principle- “When you have finished cleaning up the toys, then we will go outside to play.” “After you are hooked up in your car seat, then I'll start the car.”

5) Make a Big Deal Principle- Make a big deal over responsible, considerate, appropriate behavior- with eye-contact, thanks, praise, thumbs-up, hugs, recognition or privileges.

Go to www.dl.edu/101s to learn about all the 101's...

Discipline Wrap-up

- Be firm and consistent with discipline
- Build a bond with your child
- Be a good role model
- Do reward positive behavior- not negative behavior
- Avoid conflict by giving choices- No power struggles!
- Give the child a reason for disciplinary action
- Let a child know that you are unhappy with his/her behavior, not the child
- Teach that there are natural consequences for behavior
- Stick to your guns!
- Try to keep your sense of humor

Let's Review

True/False Questions:

- 1) It is recommended that preschoolers have dental check-ups two times a year.
- 2) Preschoolers should drink 100% fruit juice as often as they would like.
- 3) Discipline a child by being consistent and by being a good role model.
- 4) Sibling rivalry is normal for a preschooler.
- 5) According to Dr. Kersey's 101's "Choice Principle," children should be allowed to have 3 choices.

Review Answers

- 1) True- (Child dental check-ups after age 1 should occur twice a year.)
- 2) False- (Juice consumption should be limited to 6 oz. a day.)
- 3) True- (Always be consistent, firm and model the appropriate behavior for a child.)
- 4) True- (It is normal for a preschool age child to be jealous of a sibling, which results in “sibling rivalry”.)
- 5) False- (It is best to offer only 2 appropriate and acceptable choices to a preschool-age child when using this discipline method of the “Choice Principle.”)

Family Resources

American Academy of Pediatrics- www.aap.org

Center for Effective Parenting- www.parenting-ed.org

Centers for Disease Control and Prevention- www.cdc.gov

Comprehensive Health Investment Project (CHIP) of Virginia- www.chipofvirginia.org

Community Service Boards in Virginia- www.dmhmrzas.virginia.gov

Children's Hospital of the King's Daughters- www.chkcd.org

Healthy Families of Virginia- www.preventchildabuseva.org

Kids Priority One- www.kidspriorityone.org

National Association for the Education of Young Children (NAEYC)- www.naeyc.org

National Parent-Teacher Association- www.pta.org

Parents as Teachers- www.parentsasteachers.org

Poison Control- www.vapoison.org

Smart Beginnings- www.smartbeginnings.org (Virginia)

Family Resources

Square One- www.SqOne.org (Hampton Roads, VA)

The Planning Council- www.theplanningcouncil.org (Hampton Roads, VA)

The UP Center- www.theupcenter.org (Hampton Roads, VA)

ToySafety (A Project of the National Association of State Public Interest Research Groups) - www.toysafety.net

Virginia Association for Early Childhood Education- www.vaece.org

Virginia Beach Parenting Information/Events- www.vbparents.com

Virginia Department of Education- www.pen.k12.va.us/

Virginia Department of Health- www.vdh.gov

Virginia Department of Mental Health, Mental Retardation and Substance Abuse
Services- www.dmhmrzas.virginia.gov

Virginia Department of Social Services- www.dss.virginia.gov

Zero to Three - www.zerotothree.org (Washington, D.C.)

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Disclaimer

All health-related information contained within this “online training” is intended to be general in nature and utilized as an educational tool. Every effort has been made to ensure that the material within this web site is accurate and timely as of August 2012.

This information should not be used as a substitute for a visit with a healthcare professional. Your healthcare provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

All educational information is regarded as best practice information for a preschool age child but always check with a professional if concerns arise with a child’s development.

Thanks for participating...

Time to take the final quiz....

- You will need to answer 8 out of 10 questions correctly to receive a passing score.
- A certificate for 1 hour of in-service training will be awarded after passing the quiz via email.

When you are ready to take the quiz, go to:

<http://sqone.org/g/preschool-quiz>

Good luck!