

Getting to Know Your Preschooler



LEARNING ABOUT CHILDREN AGES 3–5

Today we will be talking about...

Your Preschooler's:

- Physical Development
- Cognitive Development
- Social-Emotional Development

Physical Development and Physical Changes in Preschoolers



- **Brain Development:** An improvement of skills such as physical coordination, perception, attention and memory to name a few.
- **Body Growth:** An average child add 2 – 3 inches in height and approximately 5 pounds in weight each year.
- **Skeletal Growth:** Aside from 45 new epiphyses, a child's baby teeth begin to fall out making way for their adult teeth.
- **Handedness:** A reflection of individual's dominant cerebral hemisphere that carries out skilled motor action.
- **Motor Coordination:** The Corpus Callosum is a major contributor for motor coordination (i.e., balancing).

Physical Development: Motor Development in Preschoolers

Fine Motor Skills

Fine-motor development engage in smaller movements using the hands or fingers.

Fine Motor Developmental Milestones

- Uses spoon effectively.
- Zips & unzips large zippers.
- Uses scissors.



Physical Development: Motor Development in Preschoolers



Gross Motor Skills

Gross motor development states a physical skill that uses large body movements.

Gross Motor Developmental Milestones

- Ability to jump, hop, throw, and catches with upper body.
- Pedals & steers tricycle.
- Gallops or skips with one foot.

Cognitive Development in Preschoolers



- Engages in dramatic play.
- Begins to have a clearer sense of time.
- Understands the concept of same and different.
- Correctly names some colors.
- Follows three-part commands.

Language Development in Preschoolers

- Engages in multi-step pretend play such as cooking a meal or playing teacher.
- Talks to try to solve problems with adults and other children.
- Ability to generate simple rhymes such as cat or bat.
- Understood by more people outside of family (most of the time).
- Aware of printed items (i.e., menus, lists, signs, etc.)



Social-Emotional Development in Preschoolers



- Make-Believe play (i.e., Elsa, Mom & Dad, Teacher, etc.)
- Imagines unfamiliar images to be “monsters”.
- Cooperates with other children (i.e., plans play dates with friends)
- Views self as a whole person involving body, mind, and feeling.
- Often cannot distinguish between fantasy and reality.

Helping Families Understand Development as a Continuum



Question: Why is a milestone chart helpful?

A developmental milestone chart is helpful because establishes what behaviors and skills that children need at their age to ensure a healthy brain development. In addition, a milestone chart doesn't only make sure that they are developing properly but also to identify any developmental delays. However, all children develop at their own pace meaning some children may master certain milestones a lot faster than others, however, you should always see developmental milestones delays as early warning signs.



Question: How can we help our upcoming kindergartener to be ready successful in school and life? What can we do to hurry along the continuum?



To assist your kindergartener to be ready and successful in school and life, you should create a partnership with your child's teacher and staff members at their school. In addition, you can speak with their teacher and ask for tips on things you can do at home if you feel your child may be experiencing developmental delays. You can also assist by ensuring to monitor all digital usage (i.e., video games, television, internet use). Lastly, have conversations with your child about what they've learned or even how their day was.

Learning is never a rushed process; all children learn and develop at different rates. By rushing to hurry along the continuum can cause missed milestones and proper developmental growth.

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Thank You for Letting Us Get to Know Your Children!

