

كلية المعارف الجامعة

المرحلة الثالثة

النمو والنماء

الدكتور

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Human Growth and development

Part 6:

Preschool stage



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.
- Improved ability to hop, skip, catch and throw and balance on one foot .
- Can feed themselves
- Can draw somewhat realistic pictures

1. PHYSICAL DEVELOPMENT

- Growth is slow and gradual.
- Appetites are small.
- Heart rate slows and steadies
- Blood pressure increases
- Digestive tract matures, lags behind other organs .

2. 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 – static
- ball throwing .
- bicycle riding.

FINE-MOTOR DEVELOPMENT

| 3 year olds | 4 year olds | 5 year olds |
|-------------------------------|--------------------------------|--------------------------------|
| Builds uneven tower of blocks | Cuts on line with scissors (9) | 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 (10) |

COGNITIVE DEVELOPMENT

Preschooler up to 4 years of age is in the preconception 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 .

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
- May have fears, such as of the dark

Play in Preschool

Parents often hear of the importance of play in preschool. But playing with dolls and blocks seems to have little to do with the academic knowledge that children will need to succeed in kindergarten..



NEEDS OF PRESCHOOL CHILD

1. Love and security
2. Independent
3. Guidance (set of rules)
4. Sex information (masturbation oedipal complex and Electra complex)
5. Religion information
6. Learning language
7. Healthy nutrition
8. Playing and exercise
9. Safety measure

DEVELOPMENT PROBLEMS OF PRESCHOOL CHILD

1. Food like and dislike
2. Thumb sucking
3. Enuresis: (physiological or psychological) if the enuresis is nocturnal (night) they best treat by decrease fluid , walking schedule and avoid punishment
4. Encompris : (physiological or psychological)
5. Selfishness
6. Bad language
7. Destructiveness :break things and Hurting other.

PHYSICAL NEEDS OF PRESCHOOL CHILD

1. Love and security
2. Healthy nutrition
3. Sleep ,rest and quit environment
4. Playing
5. Learning language
6. Routine health examination (visual ,auditory screening test).

COMMON PRESCHOOLERS ACCIDENTS AND INJURIES

1. Motor accident
2. Drowning
3. Falls
4. Burn
5. Injury by sharp instruments or play contact
6. Suffocation
7. Poisoning

SUMMARY OF DEVELOPMENT MILESTONES

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

