

STUDENT NAME Jason RyanDEVELOPMENTAL STAGE Preschoolers (3 to 5 Years)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT**Physical Development**

- Should gain about 2 to 3 kg (4.5 to 6.5 lb) per year
- Should grow about 6.2 to 9 cm (2.4 to 3.5 in) per year

Cognitive Development

- Enjoy talking and language becomes their primary method of communication
- Vocabulary increase more than 2,100 words by the end of the fifth year
- Speak in sentences of 3 to 4 words at the age of 3 and 4 years

Psychosocial Development

- Kohlberg: Moral development actions are take based on whether or not it will result in a reward or punishment.
- Erikson: Initiative vs Guilt energetic learner, guilt can occur when they misbehaved or unable to finish task.

Age-Appropriate Activities

Playing ball, putting puzzles together, riding tricycles, playing pretend and dress up activities, role playing, hand puppets, painting, simple sewing, reading books, wading pools, sand boxes, skating, musical toys, electronic games.

Health Promotion

Healthy nutrition, physical activity, personal hygiene, daily regimen, basic and prevention of most common disease, pool safety.

Immunizations

- 3 to 6 years: yearly seasonal influenza vaccine.
- 4 to 6 years: Diphtheria, Tetanus & Pertussis (DTap); measles, mumps, and rubella (MMR); varicella; inactive poliovirus (IPV)

Health Screening

- Sleep and Rest: need about 12 hrs of sleep per day. Sleep disturbances intervention: keep consistent bedtime routine, use night light in the room.
- Dental Health: Eruption of deciduous teeth is finalized, need help brushing and flossing correctly.

Nutrition

- Require estimate caloric intake range 1200 to 1400 kcal/day
- Need 13 to 19 g/day of protein (2 to 4 oz. equivalents) in addition to calcium, iron, folate, and vitamin A and C.
- Saturated fat should be less 10% total caloric intake, total fat should be 20% to 30% of total caloric intake.
- Recommended have 5 servings of fruits, and vegetables per day, 2 hr or less of screen time, 0 servings of sugar-sweetened, and 1 hr physical activity.

Injury Prevention

- Should be taught stranger safety.
- To wear protective equipment (helmet, pads)
- Should have sunscreen applies when outside
- Should not be left unattended in bathtubs
- Should be closely supervised when near the pool and taught to swim
- Sit at the backseat of the car
- Use car restraint until height 145 cm or 8-12 y/o
- Do not allow them to play near a curb or parked cars

Health And Growth 4

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