



preschoolers



preschoolers

Tresillian 24 hr Parents Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
www.tresillian.net

Speak to a Tresillian Child & Family Health Nurse
on-line at ninemsn.com.au/messengermums or
visit our website at www.tresillian.net

Preschoolers

The preschool period is one of transition as your child starts to get ready to go to school. The preschool period goes from 3 years to school entry. This period of your child's life is one of becoming independent and competent. Preschoolers have moved from the 'what's that' stage to wanting to know 'why?'.

This parent help brochure
has been generously
sponsored by:

Bepanthen[®]
DERMATOLOGICAL
Help stop nappy rash before it starts



preschoolers

preschoolers

Characteristics

Some important preschooler characteristics include:

- Changing physical appearance as they become taller
- Using words inventively and telling stories
- Managing to:
 - Feed themselves
 - Go to the toilet (they do have occasional accidents)
 - Wash their hands and wash themselves in the bath (they still require strict supervision near water)
 - Choose and dress themselves in simple clothing (they like bright colours and patterns but they don't always match)
- Do not like hair washing – as they have difficulty keeping eyes shut for long enough
- Enjoy helping to prepare food
- Use a fork, but still enjoy eating with their fingers
- Are more aware of their need for sleep – they still require an afternoon nap
- Separate from primary carer for an increasing length of time
- Walking, running skills fully developed
- Enjoy doing craft activities
- Create very imaginative drawings/paintings and they can tell a story about the drawing
- Are lively, noisy, assertive
- Enjoy outdoor play – they still have difficulty adhering to rules
- Begin to be involved in shared play
- Seek the company of playmates

Guidelines For Parents

The things you can do to help your preschooler are:

- Learn about expected developmental behaviours so you have age appropriate expectations for your preschooler
- Provide opportunities to experience everyday situations – remember things you take for granted are new experiences for your preschooler
- Include a range of adults and other children into their lives
- Provide an environment that is rich in language, reading and music
- Provide time - this helps your preschooler to learn to play quietly
- Provide a safe environment for the preschooler to play, sleep and grow
- Allow your preschooler to practice skills – helping set the table, getting dressed, brushing their hair
- Give your preschooler plenty of your time – remember you are still your preschooler's favourite playmate
- Encourage outdoor activities
- Avoid conflict by allowing your preschooler limited choices e.g. – do you want a drink of water or juice?
- Learn to know when your preschooler is tired, angry and frustrated, this knowledge will assist you avoid conflicts and no-win situations

REMEMBER EACH CHILD IS AN INDIVIDUAL AND DEVELOPS AT THEIR OWN PACE.