Four Areas of Development:
Preschool to School-Age
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Children during the preschool age (three to six years of age) are exploring a wide range of emotions.
Physical Development of Preschoolers

They are better able to control wrist and finger movements as they practice fine motor skills:

• Cut with scissors
• Scribble with large
• Crayons and pencils

Gross motor skills improve as large muscles mature

• Run
• Jump
• Hop
• Walk on tiptoe
• Ride a tricycle
• Skip rope
• Catch ball
Playing for children is learning.
They learn from coming in contact with objects, people, and events.
While children play, they explore the world around them through various types of play such as cooperative, dramatic, and manipulative.
Indoor Activity Centers

- Art
- Blocks
- Computer, Science
- Dramatic Play
- Language Arts

- Manipulative Play
- Math
- Music
- Quiet Time
Outdoor Learning Centers

- Wheel Toys
- Sand and Water
- Climbing
- Swinging
- Quiet Time
- Ball Games
- Swing Sets
Activities for Meeting Developmental Needs

- Vigorous physical exercise
- Reading development
- Communication
- Listening skills
- Self-reliance
Meeting Developmental Needs

Child Development in the Preschool Years
(click on link)
• Varies significantly between children during this period

• Proportionally children look more like small adults
Developmental Milestones--School-Age Children
(click on link)
Motor Development of School-age Children

- During these middle years, children gain:
  - Quickness
  - Balance
  - Speed
  - Power
Appropriate Development Activities for School-Age Children

- Learning to see things from the viewpoint of others
- Using deductive and inductive reasoning
- Noting transformations
- Focusing on more than one part
Developmental Tasks

Developmental tasks take place at an individual rate. Each child is unique and proceeds at their own unique pace.
Developmental Lag

It is defined as a condition which represents a significant delay in the process of development.
### Developmental Tasks

<table>
<thead>
<tr>
<th>Age of Child</th>
<th>Developmental Tasks</th>
<th>Indicators Related to Developmental Lag</th>
</tr>
</thead>
</table>
| Three to Seven Years | • To learn to distinguish between reality and fantasy  
• To become comfortable with own sexual identity | Excessive fears  
Extreme separation anxiety  
Bedwetting  
Shyness |
### Developmental Tasks

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| Seven to Eight Years | • To develop a sense of accomplishment  
• To develop and test values and beliefs | • Excessive concerns about competition and performance, especially in school  
• Extreme rebellion  
• Teasing  
• Whining  
• Headaches |
## Developmental Tasks

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| Eight to Eleven Years | • To develop a sense of accomplishment  
|                     | • To develop and test values and beliefs                                             | • Social isolation  
|                     |                                                                                   | • Lack of friends and involvements  
|                     |                                                                                   | • Few interests  
|                     |                                                                                   | • Inappropriate relationships with "older" people, e.g., teenagers  
|                     |                                                                                   | • Stealing  

## Developmental Tasks

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<tbody>
<tr>
<td>Eleven to Twelve Years</td>
<td>• To develop a sense of accomplishment</td>
<td>• Overdependence on caregivers for age-appropriate tasks</td>
</tr>
<tr>
<td></td>
<td>• To develop and test values and beliefs</td>
<td>• Pathological lying</td>
</tr>
<tr>
<td></td>
<td>• To come to terms with and accept body changes</td>
<td>• Bedwetting</td>
</tr>
<tr>
<td></td>
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<td>• Fire-setting</td>
</tr>
</tbody>
</table>
Nutritious Snacks and Meals

Offer a variety of foods

Monitor portion size

Maintain balance and control of all of the essential nutrients
Between the ages of 4 and 5 years, parents should reach a level where the child is getting fewer calories from fat (rather than the 50% she had been consuming up to 2 years).
Reducing Dietary Fat for Preschoolers

<table>
<thead>
<tr>
<th>Dietary Fat:</th>
<th>Change to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>Skim or 2% milk</td>
</tr>
<tr>
<td>Fried foods</td>
<td>Grilled or broiled food</td>
</tr>
<tr>
<td>Cheese</td>
<td>Modest portions</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Limit to 4 to 6 oz. per day</td>
</tr>
</tbody>
</table>
References and Resources

Microsoft Clip Art: Used with permission from Microsoft

Textbook:

Websites:
Centers for Disease Control and Prevention
The Child Development Guide will help you determine your child's developmental needs.
http://www.dshs.wa.gov/ca/fosterparents/training/chidev/cd06.htm

Healthy Children
Reducing Dietary Fat for Preschoolers

Nutritious Recipes for Children
Check out below the suggested Nutritious Recipes for Children cookbook from USDA’s SNAP-ED Connection. These recipes include a nutritional analysis and a cost analysis and are easy to make with limited ingredients.

StoryBird
StoryBird is a visual storytelling community. A global hub of readers, writers, and artists of all ages.
http://storybird.com/teachers/

What Should You Know?
It’s time to change how we view a child’s growth.
Do you know all the ways you should measure your child’s growth? We naturally think of height and weight, but from birth to 5 years, your child should reach milestones in how he plays, learns, speaks and acts. Track your child’s development and act early if you have a concern. Learn more about milestones. For additional information, visit:
http://www.cdc.gov/actearly

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YouTube:

Child Development in the Preschool Years
This is a video describing the development of the average preschooler according to the current theories.
http://youtu.be/Sb74hoJhdqo

Developmental Milestones—School-Age Children
Developmental milestones are markers for accomplishments that indicate the department of musical, social, emotional, patenting and language skills.
http://youtu.be/g9js2_ZsrcU

StoryBird
A tutorial on using StoryBird.com including ideas for the classroom.
http://youtu.be/T00YjRB1clw