

Developmental Stages of the Preschooler

All children are unique and will move through the milestones at different rates

Physical:

Gaining control over ones body
Gross motor control and fine motor control

Intellectual:

Processing of information, reasoning, language development and memory

Social / Emotional:

Developing the capacity to experience and regulate emotions, form relationships and explore the world around them

Moral:

Developing proper attitudes and behaviors towards others
concern for others, self control, compliance, self esteem

2-PHYSICAL	INTELLECT	SOC/EMOT	MORAL
Run forward	Talk in sentences	parallel play	Beginning
Jump in place with both feet	Speech understandable -50%	Can express feelings	to learn right from wrong
Throw and kick a ball	Will use pronouns I ,You	Can be apart from caregivers	Rules are fixed
Walk up and down stairs	Respond to simple directions	Test limits	
Turn pages one by one	Observe and imitate adults	Self regulation is a challenge	
Hold crayon with thumb and fingers	Responds to what and where questions	Increased fearfulness	
Paint with wrist action	Enjoys listening to stories	Begins to consider others	
Manipulate clay			

3-PHYSICAL	INTELLECT	SOC / EMOT	MORAL
<p>Improved balance and coordination Throw and catch a ball, use a slide, hop on one foot repeatedly May be able to ride a tricycle, Able to print more letters More comfortable with scissors</p>	<p>Aware of past and present Has certain likes and dislikes Beginning to understand cause and affect in relation to self Talks in sentence, is understandable and asks lots of questions Able to stay with activity longer</p>	<p>Begins to identify pictures of feelings Use of “make believe” play Begins to have feelings of shame and doubt May have imaginary friends Able to dress and undress self May have best friend, able to share and take turns, may also initiate play or join in Curious about her / his body May experience nightmares May use security object</p>	<p>Beginning to understand behavior and consequence Beginning to stand up for self External control still needed from caregivers</p>

3-PHYSICAL	INTELLECT	SOC / EMOT	MORAL
Able to climb a ladder Throw a ball overhand Walk backwards, up and down stairs without help Turn somersaults Cut on a line continuously Copy squares and crosses	Speech is understandable Begins to understand sequence of events Know his/her name “Selective” about what will wear Retell a story Engage in conversation (give and take) Able to follow three commands	Able to identify more emotions May continue to use security object Begin to want some privacy Fears are common Able to assist others Enjoys being with children and engages in cooperative play Family meals important Limit TV viewing (one hour / day)	Continues to need external control Greater understanding of behavior and consequence Beginning to explore the idea of fair Understand meaning of good behavior and bad behavior

PARENTING TIPS:

2-

- Read to your child daily
- Play matching games
- Help develop language by talking with your child, don't use baby talk
- Encourage independence by letting your child assist with dressing and feeding self

3-

- Transitions difficult – give plenty of warning
- Rituals are important –security
- Point out colors and numbers in daily conversation
- Encourage independent activity
- Provide lots of sensory experiences- sand, paint , puzzles

4-

- Provide lots of positive encouragement
- Play word games to develop his/her growing vocabulary
- Provide opportunities for sorting, matching, counting and comparing
- Needs plenty of space to play and play dates with other children