



preschoolers



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Tresillian Parent's Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
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 a period of becoming independent and competent. Preschoolers have moved from the 'what's that' stage to wanting to know 'why?'.

Visit our website!

For more information on Tresillian's services, helpful parenting tips, useful links, downloads and much, much more....

www.tresillian.net



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Characteristics

Some important preschooler characteristics include:

- Changing physical appearance as they become taller
- Using words creatively 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)
- Not liking their hair being washed – as they have difficulty keeping eyes shut for long enough
- Enjoying helping to prepare food
- Using a fork, but still enjoy eating with their fingers
- Being more aware of their need for sleep – they still require an afternoon nap
- Separating from primary carer for an increasing length of time
- Walking, running skills fully developed
- Enjoying doing craft activities
- Creating very imaginative drawings/paintings and they can tell a story about the drawing
- Being lively, noisy and assertive
- Enjoying outdoor play – they still have difficulty adhering to rules
- Begin to be involved in shared play
- Seeking 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 unstructured time to help 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 – 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.

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*Always read the label. Use only as directed. If symptoms persist, see a healthcare professional.

For further assistance:

- Visit either your local child and family health nurse or doctor
- Call Tresillian Parent's Help Line on (02) 9787 0855 or 1800 637 357 (Freecall outside Sydney)
- Contact a Tresillian Nurse on-line at Tresillian Live Advice by visiting our website at www.tresillian.net