



Information for You from Your Health Care Team

Developmental Milestones/Activities/Issues Preschool (3-5 Years)

Milestones:

- Dresses self
- Uses fork/spoon
- Rides tricycle
- Sentences of 3-6 words
- Copies shapes
- Names 1-4 colors
- Prints a few numbers and letters
- Uses safety scissors

Nutrition:

Four servings each day of fruits and vegetables, bread and cereals, dairy products and two servings of meat. Drinks about 2-3 8 oz glasses of milk per day. Eat meals at the table with pleasant conversation during meals. Limit junk food. Encourage nutritious snacks.

Activities:

- Dramatic play with puppets
- Read books together
- Do puzzles
- Role play
- Provide music
- Skate with helmet, jump rope, play catch
- Go to the library

Issues Related to Hospitalization:

Preschoolers tends to feel they are the center of everything. At this age they may feel that they are being punished for something when they are in the hospital. They may become angry toward their parents. Try to maintain normal behavior limits and routines, for example, nap times, story time. It is important to be honest with your child. Restate the reasons for your child's hospital stay.

Speak up if you have any questions or concerns