

# Psychosocial Development

Children have reached the stage of energetic play. Preschoolers play, work, and live to the fullest and start to feel the sense of accomplishment and satisfaction. These children also start to have the feelings of guilt, fear, and anxiety, as well as the development of superego or conscience. One last major psychological development would be learning right from wrong and good from bad.

## Resources:

[https://childcareta.acf.hhs.gov/sites/default/files/public/1411\\_rg\\_child\\_development.pdf](https://childcareta.acf.hhs.gov/sites/default/files/public/1411_rg_child_development.pdf)

<https://www.cdc.gov/ncbddd/childdevelopment/freematerials.html>

Local pediatricians office



## Preschool Age

AGES 3-5

# Physical Development

- Three year olds typically weight around 32 pounds, have an average height of 3 feet 1/2 inches, and achieve nighttime control of bowel and bladder.
- Four year olds typically weight around 36.5 pounds, have an average height of 3 feet 4 1/2 inches, and their pulse and respirations decrease slightly.
- Five year olds typically weight around 41 pounds, have an average height of 3 feet 7 1/2 inches, handness is established, and pulse and respirations decrease.



Throwing and Catching a Ball



Jumping Rope



Balancing on One Foot

# Cognitive Development

Language begins to develop during this stage. Preschooler's typically use language without comprehending the meaning of words, particularly concepts of left and right, causality, and time. These children may use some terms correctly, but only under the circumstances in which they have learned. Preschoolers' thinking is often described as magical thinking, because of their egocentric and transductive thinking they believe they have all powerful thoughts.