

Early Childhood

Physical Development

Growth and Change

Lose chubbiness

Gain 4 to 6 pounds per year

Grow 2 to 3 inches per year

Develop wide range of motor skills

Deciduous teeth are in place

Nutrition

Good nutrition is essential for good health

Need fewer calories per pound

Diet must include essential nutrients

Only 30 percent of calories from fat

Motor skills

Gross motor skills like running and jumping improve

Fine motor skills like buttoning shirts and drawing pictures improve

Eye-hand and small muscle coordination improve

Handedness

Preference for one hand or other by age 3

Sleep patterns and problems

Sleep through the night with a daytime nap

Transitional or bedtime objects

Sleep talking and walking are common

Night terrors

Nightmares

Eneuresis

Illnesses and accidents

Colds and other upper respiratory problems are most common

Death rates from accidents have been reduced

Accidents are the leading cause of death in the U. S.

Death rates have declined with use of car restraints

Injuries are less likely in day care than at home

Influences on health

Genetic predisposition

Home environment

Exposure to illness

Stress and stressful events

Poverty (chief factor associated with poor health)

Homelessness

Dysfunctional parents

Unstable, unsanitary environments

Lack immunizations

Poor nutrition

Preoperational Thought

Piaget's second major stage of cognitive development

Lasts from ages 2 to 7

Milestones identified by Piaget

Use of symbols

Deferred imitation

Understanding

Ability to classify

Empathy

Limitations of preoperational thought

Centration

Conservation

Irreversibility

Transduction

Egocentrism

Animism

Aspects of cognitive development

Language

Nine new words per day

Fourteen thousand words by age 6

Memory

Recognition

Recall

Intelligence

Stanford-Binet

Wechsler Preschool and Primary Scale of Intelligence

Early childhood education

Day care centers

Preschools

Compensatory preschool programs

Montessori programs