

# Nurturing Your Young Child

## Preschoolers

### Ages 3 to 5

Between ages 3 and 5, your child will undergo many changes. Growth in height, skill level, speech and learning happens rapidly during this stage.

Some children believe they are the center of the world, and others are afraid of everything in it. Whether your child is outgoing or shy, he needs your help to be healthy and happy.

You can prepare your child to start school ready to learn by exposing her to information and activities she can use in the classroom and beyond.

¥ Read to your child every day, even if she wants to read the same book over and over.

¥ Set boundaries and don't give in to tantrums or tears.

¥ Sing songs together that teach him letters, numbers and rhymes.

¥ Provide opportunities to cut out pictures or shapes, draw or write with pencils or crayons, throw a ball or jump rope. Join the fun!

¥ Play "make believe" and let his imagination run wild.

¥ Plan playdates with one or more children so she'll learn how to share and get along with others.

¥ Establish routines for bedtime, dinner time and family that provide structure and make your child feel secure and loved.

