

Positive Parenting Tips: Preschoolers

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Between the ages of 3 and 5, your child's world will begin to open up. She will become more independent and begin to focus on adults and children outside of the family. She will want to explore and ask about her surroundings even more.

Interactions with family and those around her will help shape her personality and individual ways of thinking and moving. As a preschooler, your child will be able to ride a tricycle, use safety scissors, show awareness of gender identity, help to dress and undress herself, play with other children, recall part of a story, and sing a song.

Here are some positive ways to help the development of your 3 to 5 year old:

- Read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him learn the value of sharing and friendship.
- Help your child's language by speaking to her in complete sentences and in "adult" language. Help her to use the correct words and phrases.
- Be clear and consistent when disciplining your child. Model the behavior that you expect from him.

Proper nutrition, exercise, and rest are very important for children's health and development. Providing a safe and loving home and spending time with your child – playing, singing, reading, and even just talking – can make a big difference in his or her development. To learn more about child development, visit www.cdc.gov.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO 24/7.