



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Supporting Pre-schoolers Development (LOVE)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

Supporting preschoolers development

Objectives:

- Share insight into the appropriate developmental milestones for the preschool age
- Create awareness that all children develop at different paces
- Highlight that there are cases of developmental delay and what the signs are
- Underline how to support children’s independence in positive and safe ways
- Highlight why children should learn to share and how to support this

Introduction

On this show, we celebrate the fact that you are the most important person in your child's life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent. All it takes is your love, play and talk.

All children develop at different paces, but it is important to track your child's development so that you can address any developmental delays if necessary. Two important things will emerge at this stage – independence and sharing. Preschoolers are at an age when they are striving for their own independence and parents should support this whenever possible and safe. But what exactly is this independence and why is sharing an important skill for children at this age to develop?

Questions	Facts/Information
<p>1. <i>Let's start with the basics. What is a preschooler?</i></p>	<p>A child of 3 or 4 is considered a preschooler. So whether or not your child is attending a formal preschool program, he is no longer a toddler. Preschoolers are different from toddlers in that they are developing the basic life skills, independence, and knowledge that they will need as they enter their school years.</p>
<p>2. <i>What should my preschooler be able to do at this age?</i></p>	<p>Preschoolers are learning many new skills and stretching their cognitive abilities. Just remember that each child is different and develops at their own pace – so there will be some differences in when different children do different things. Don't worry about small differentiations from the norm, but if you have concerns about the overall</p>

development, consult your doctor. "At 3, he should have the fine motor skills to dress himself and the gross motor skills to pedal a tricycle. Compared with 2, a child is more interested in interactive play rather than parallel play. Kids at 3 should be asking deeper questions and be inquisitive about their environment," By age 4, a child should be able to dress and undress himself, cut basic figures out of paper and paste them on another piece of paper, draw little stick figures, name four or five colors, understand your jokes, and joke with you. At age 5, kids should be able to count, draw a person with the arms, legs, and body in the right places, exhibit imaginary and pretend play (sometimes with an imaginary friend), speak well enough to be understood.

3. *Why is it that children at this age are always asking why?*

They're Excited to Learn! Three and 4-year-olds are constantly asking questions and soaking up information. The "why, why, why" phase that occurs at this age is their way of building a knowledge base and learning about their world. They'll even grasp facts and details that might catch you by surprise. Sometimes it can feel like too much when they ask so many questions, but

<p>4. <i>Sometimes preschooler's behavior can be challenging – why is that?</i></p> <p>5. <i>What can a parent do about this?</i></p> <p>6. <i>I have seen how children at this age are often struggling to share? Why is this?</i></p>	<p>try to keep your patience and remember that they are just trying to learn everything about the exciting world around them.</p> <p>Although at times all children's behavior can be challenging – especially around the two year old stage, some kids can actually have a more difficult time during the threes than the twos because children at this age want to assert their independence. They are more aware of their own needs and desires -- and also aware when those needs and desires aren't being met.</p> <p>If your preschooler's behavior is driving you crazy it is likely that they just need your attention and focus. The most important thing is emotional connection so make time to give your child one-on-one attention and this should help. Basically its tantrums as we discussed previously.</p> <p>Yes at this age you are always hearing arguments like - "You can't have it! Its mine!" as they grab the toy. No sooner have you smoothed out that squabble than another erupts. Your preschooler may spend hours a day playing with other children, he can take turns in games, and</p>
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<p>7. <i>How can I teach my preschooler to share?</i></p>	<p>he's less self-centered than he was a year or two ago. But he's still impulsive and doesn't have a very good grasp of time, so waiting while his playmate takes a turn with a favourite toy is difficult for him.</p> <p>Preschoolers are just learning that it feels good to give and that it's fun to share with friends so encourage any displays of generosity and by gently discouraging your child's less-charitable impulses. Some other things you can do are:</p> <p>Make sharing fun. For example do puzzles together, taking turns adding pieces, for instance. Share projects, too: Plant the garden, paint the fence, or hose down the car with him. Finally, give him things to share with his buddies now and then, like a special snack to share with friends.</p> <p>Don't punish stinginess. If you tell your preschooler that he's selfish, and discipline him when he doesn't share, or force him to hand over a prized possession, you'll create resentment, not generosity. Keep in mind, too, that it's okay for your preschooler to hold back certain items. As he matures, he'll learn that sharing with friends — who are becoming increasingly important to him — is more fun than keeping things to himself.</p>
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<p>8. <i>If this time is about independence, how can I help my child become more independent?</i></p> <p>9. <i>What do you mean about establishing regular routines?</i></p>	<p>Lead by example. The best way for your preschooler to learn generosity is to witness it. So share your ice cream with him. Offer him your scarf to fashion into a superhero's cape, and ask if you can try on his new cap. Use the word <i>share</i> to describe what you're doing, and don't forget to teach him that intangibles (like feelings, ideas, and stories) can be shared too. Most important, let him see <i>you</i> give and take, compromise, and share with others.</p> <p>The preschool age is a time for rapidly growing independence; your child learns to separate from you in preparation for attending school. During the preschool years, she will learn essential life skills, like dressing and feeding herself. Because children learn best when there are clear rules and expectations, establish regular routines.</p> <p>Setting regular routines – an order for how things happen in your day – will help you child predict what is going to happen next (and therefore feel safer) and help them prepare to do this themselves. For example a morning routine can involve going to potty or toilet, getting dressed, and eating</p>
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<p><i>12. What are the chances that my preschooler has a developmental delay?</i></p>	<p>broad range of what's considered normal. The delay might be in one or more areas: gross and fine motor skills (such as jumping and stacking blocks), communication and language skills (both "receptive," which relates to understanding, and "expressive," which relates to speaking), self-help skills (like toilet training and dressing), and social skills (such as making eye contact and playing with others).</p> <p>It's important to remember that while development tends to unfold in a typical progression, children develop at different rates and in different ways. So, for example, one 25-month-old may have very advanced motor skills because she loves to explore and interact through movement but not have any interest in using a pencil, while another child the same age may be drawing stick figures but be less adept at motor skills. What's most important to track is that the child is making forward progress in all domains.</p> <p>Various studies have reported that 10 to 15 percent of children under the age of 3 had a developmental delay, such as difficulty learning, communicating, playing, or performing physical activities or practical</p>
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skills. Early intervention can make a huge difference for many children with developmental delays, yet one study found that only about 3 percent of kids were getting appropriate attention. That's why it's important for you to speak up if you suspect your child has a developmental delay.

Some disabilities disappear by the time a child heads to school, while other problems won't be identified until later.

(About 15 percent of children under the age of 17 have disabilities such as speech and language impairments, mental retardation, learning disabilities, and emotional and behavioral problems. Among children with developmental disabilities, about 40 percent have more than one developmental disability, and less than 2 percent have three or more.)

13. What kinds of problems might I notice?

Most parents are pretty sensitive to the age at which their child reaches gross motor skill milestones, like walking and climbing stairs – and whether these achievements are considered "early" or "late." But you might also pick up on your child's finer motor skills, like his ability (or inability) to draw a circle or brush his teeth.

<p><i>14. If my child does have a delay, what could be causing it?</i></p>	<p>In the language arena, you might notice that your child has difficulty with receptive language (understanding the meanings of words and sentences) or with expressive language (expressing ideas in words and sentences).</p> <p>It's a good idea to familiarize yourself with the normal timeline for developing cognitive and physical skills, so you can use it as a general guideline. That way you'll know that by 30 months most preschoolers can wash and dry their own hands, for example, and by 36 months most can use three to four words in a sentence. You'll also learn that by 24 months most children can stack six blocks and by 36 months most can name one color.</p> <p>Keep in mind that if your child was born prematurely, he might need a bit more time than other kids his age to reach some developmental stages.</p> <p>Sometimes delayed development has a medical cause, such as complications of a premature birth or a genetic condition, like Down syndrome. Or it could be the result of a serious illness or accident.</p> <p>Speech and language delay might stem from a hearing impairment or a problem</p>
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<p><i>15. When should I get in touch with the doctor?</i></p>	<p>with the larynx, throat, or nasal or oral cavity. Difficulties with communicative intent might be related to a problem with the central nervous system. Most often, though, no specific medical cause can be found to explain developmental delays</p> <p>Follow your instincts. You know your child best, so you're likely to spot problems – or potential problems – early. If you have a question or concern, check it out, even if it's just for reassurance. It might be helpful to jot down your impressions before the doctor's appointment. Is something in particular bothering you about the way your child is walking or talking? Does she seem to have lost a milestone that she previously reached? Have you noticed any specific signs of a physical delay or signs of a language or communication delay? In this way you will be able to describe what is going on and if necessary, get the right support to ensure that you help their development.</p>

Learning outcomes

After listening to this show the audience should:

- Be aware of developmental milestones for the preschool age
- Understand that children develop at different paces, but they also know how to look out for developmental delay and track their child's development
- Be aware of what children's independence means in this case
- Understand how the learning of sharing.