Younger Preschoolers

Motor Development and Coordination

Children develop strength, coordination, and control of their large muscles.

1. Sustain balance during more complex movements (e.g., balance on one foot for a few moments, walk along a straight line or low beam; jump over obstacles landing on two feet)
2. Coordinate moving arms and legs to complete a task more complex task (e.g., pedal a tricycle)
3. Move through space with good coordination and show body awareness to stop and start with control
4. Manipulate balls or similar objects with flexible body movements (e.g., catch a ball by trapping it against body, kick stationary ball by running or stepping up to it, throw a ball)

Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.

1. Feed themselves using utensils independently
2. Refine grasp to manipulate tools that require strength, control and dexterity (e.g., pressing down with pencils or crayons to make a clear mark, cut paper, joining snap beads)
3. Demonstrate more complex eye-hand coordination (e.g., complete puzzles with smaller pieces, use tongs to grasp objects)

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1. Try new foods
2. Eat a variety of nutritious foods and communicate that some foods and beverages are good for them (e.g., milk, fruit, vegetables) and some are not (e.g., soda, snack chips)
3. Choose to eat foods that are better for the body than others, with assistance

Children develop personal health and self-care habits, and become increasingly independent.

1. Stay awake except during nap time and initiate and participate in sleep routines with increasing independence
2. Participate easily and know what to do in routine activities (such as meal time, nap time)
3. Take care of own toileting needs with little assistance

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4 Attend to personal health needs and self-care needs independently (e.g., dress and undress with limited assistance)

5 Follow basic hygiene practices with reminders and limited assistance (e.g., brush teeth, wash hands, use toilet, cough into elbow)

6 Gain independence in hygiene practices (e.g., cough into elbow, wash hands, flush toilet)

Children develop the ability to identify unsafe situations, and use safe practices.

1 Independently identify and avoid situations and objects that might cause harm

2 Follow basic safety rules with occasional reminders

3 Demonstrate safety awareness when using objects (e.g., carry scissors with points down to avoid accidents)

4 Seek an adult's help when another child is in an unsafe or dangerous situation

5 Understand the difference between safe and unsafe touch