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Ira Mulya Sari

Growth and Development

of Preschool-Aged Children




Arif Rohman Mansur | Mutia Farlina



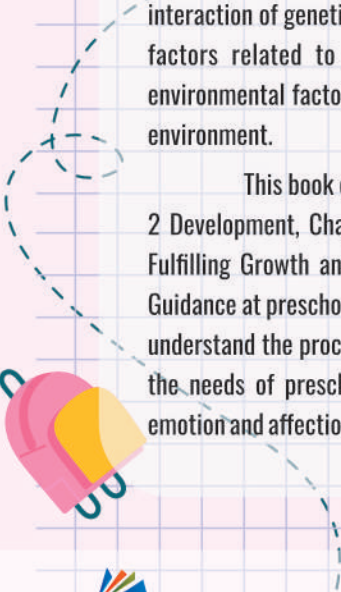

Growth and Development

of Preschool-Aged Children




Preschool-age children are children between the ages of 3 and 6 years, during this period, physical growth slows down and psychosocial and cognitive development increases. Preschool age is called The Wonder Years namely the period when a child has a high sense of curiosity. They are beginning to develop their curiosity and are still learning how to be friends, interact with their surroundings, control their bodies, emotions and minds and be able to communicate better.

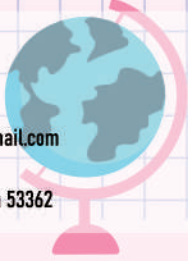
The quality of a child can be judged from the process of growth and development. The process of growth and development is the result of the interaction of genetic factors and environmental factors. Hereditary factors are factors related to genes that come from the father and mother, while environmental factors include the biological, physical, psychological and social environment.




This book consists of five chapters, namely Chapter 1 Growth, Chapter 2 Development, Chapter 3 Principles of Growth and Development, Chapter 4 Fulfilling Growth and Development Needs, and finally Chapter V Anticipatory Guidance at preschool age. It is hoped that parents and caregivers will be able to understand the process of growth and development at this preschool age, fulfill the needs of preschool-aged children both in terms of biomedical physics, emotion and affection, and providing stimulation.



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☎ 0858 5343 1992
✉ eurekamediaaksara@gmail.com
📍 Jl. Banjaran RT.20 RW.10
Bojongsari - Purbalingga 53362



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Arif Rohman Mansur
Mutia Farlina



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Mutia Farlina

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Surel : eurekaediaaksara@gmail.com

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PREFACE

Alhamdulillahil-ladzii bini'matihi tatimmush-salihaat. Praise be to Allah, by whose grace all good deeds are perfect. The book entitled " Growth and Development of Preschool-Aged Children."

The growth and development of preschool children is an essential period in human life. As a nurse, a good understanding of the developmental stages and types of development in preschool children is essential to provide adequate care and promoting children's health and well-being. This book discusses the definitions and meanings of growth and development, characteristics and types of development in children, and principles and fulfillment of the growth and development needs of the preschool age period. The chapters in this book also discuss the nurse's role during the growth period, the factors that influence development, and the types of needs that must be met. In addition, this book covers topics on anticipatory guidance in preschool-aged children, including child safety, home and water safety, disease and injury prevention, and health promotion and child care. This book will be helpful for nurses, nursing students, and parents who want to understand more deeply about growth and development of preschool children.

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CHAPTER

1

INTRODUCTION

Preschool-age children are children between the ages of 3 and 6 years, during this period, physical growth slows down, and psychosocial and cognitive development increases. Children begin to develop curiosity and can communicate better. Play is a way for children to learn and create relationships with others (DeLaune & Ladner, 2011).

Preschool age is the optimal period for children to start showing interest in health; children experience language development and interacting with the social environment, exploring emotional separation, alternating between stubbornness and playfulness, courageous exploration, and dependability. Their preschool-aged children know that they can do more. However, they are also acutely aware of their barriers with adults and their limited abilities.(Kliegman et al., 2007).

Ages three to five years are called *Wonder Years*namely the period when a child has a high sense of curiosity about something, very dynamic from joy to whining, from tantrums to hugs. Preschoolers are explorers, scientists, artists, and researchers. They love to learn and are constantly figuring out how to be friends, engage with the world, and control their bodies, emotions, and minds. With your help, this period will build a secure and unrestricted foundation for your son's or daughter's entire childhood. (Markham, 2019).

Every parent dreams of having a child who is healthy, intelligent, good-looking, and has a noble character. The principle of paying attention to seeds, weights, and beets that have developed in our society since ancient times in choosing a potential spouse, one

CHAPTER

2

GROWTH OF PRESCHOOL CHILDREN



Figures 1. Two children being measured their height

Source:<https://labblog.uofmhealth.org/rounds/should-growth-hormone-be-used-for-short-stature-kids>

A. Definition of Preschool Age

of, relating to, or constituting the period in a child's life that ordinarily precedes attendance at elementary school or a school for children usually younger than those attending elementary school or kindergarten(-Webster Dictionary, 2023). Meanwhile, according to(Cambridge Dictionary, 2023), preschool is of or relates to children between three and five years old who have not yet attended school and their activities. Another definition of preschool is a school for children between the ages of about two and five(Oxford Dictionary, 2023).

B. Definition of Growth

Growth is a quantitative (measurable) change in the size of the body and its parts, such as an increase in the number of cells, tissues, structures, and systems. For example, a person's

CHAPTER

3

DEVELOPMENT OF PRESCHOOL CHILDREN

A. Introduction



Figures 3. Preschool age child playing pazel

Source: <https://www.ccsconnection.org/preschooler-developmental-skills/>

About 39% of children under five worldwide fail to reach their developmental potential. Early mental development is significant because adverse conditions can impair brain

CHAPTER

4

TYPES OF DEVELOPMENT IN CHILDREN

A. Introduction

Child development is a multifaceted process that encompasses physical, cognitive, social and emotional, and moral growth from infancy to adolescence. It is crucial for caregivers, educators, and parents who work with children to comprehend the various types of child development. This chapter examines the four primary types of child development, including their essential stages and landmarks, as well as the factors that can influence a child's growth and advancement.

Physical development involves changes in a child's body, such as size, shape, and abilities. Gross motor skills involve using significant muscle groups for crawling, walking, and jumping. In contrast, fine motor skills involve using small muscle groups for grasping and manipulating objects. Genetics, nutrition, and environment influence a child's physical development.

Cognitive development refers to a child's ability to think, reason, and understand the world around them. Jean Piaget's cognitive development stages, which include sensorimotor, preoperational, concrete operational, and formal operational, are among the most well-known. Both genetic and environmental factors can influence a child's cognitive development.

Social and emotional development refers to a child's ability to interact with others and regulate their emotions. Erik Erikson's social and emotional development stages, which include trust vs. Mistrust, autonomy vs. shame and doubt, initiative vs. Guilt, industry vs. Inferiority, and identity vs. role confusion, are significant landmarks in this area. A child's social

CHAPTER

5

PRINCIPLES OF GROWTH AND DEVELOPMENT

A. Introduction

All people have different individual talents and abilities as unique entities. There are no absolute rules for predicting the exact level of individual development. Developmental stages are predictable, although the emergence of specific skills varies from person to person. For example, not all babies roll over at the same age, but most do before they crawl. (DeLaune & Ladner, 2011)

Children develop gradually in a set way. There are three primary considerations regarding growth and development. First, development results in a cephalocaudal direction. Cephalocaudal is head-to-tail development, top to bottom. Second, development occurs progressively, from near to far and the midline to the periphery. For example, the torso develops in front of the arms and legs. Development begins in the hands and feet, then the fingers and toes. The third consideration is that development progresses from gross motor skills (e.g., walking, jumping, riding a bicycle) to improving motor skills. Gross motor skills provide the foundation for new motor developments, such as eating, coloring, or buttoning a shirt. (Ward & Hisley, 2015)

B. Principles of Growth and Development

Growth and development occur regularly and sequentially in a continuous and complex manner. All human beings experience the same pattern of growth and level of development. Because of these patterns and their levels, wide biological variations and changes in behavior are considered

CHAPTER

6

MEETING THE NEEDS FOR GROWTH AND FLOWERING IN THE PRESCHOOL AGE PERIOD

The stage of child development from ages 3 to 6 is called the preschool stage. During this stage, physical growth slows down, and psychosocial and cognitive development accelerates. During this period, children often express curiosity, and children are better able to communicate. Parents should know that their child will frequently use the "why" to support cognitive and psychosocial development. Children begin to expand their environment outside their homes with play, a mechanism preschoolers use to learn and develop relationships with the environment around them.

There are four basic principles of children's rights contained in the Convention on the Rights of the Child, which were approved by the General Assembly of the United Nations on November 20, 1989, and ratified by Indonesia in 1990, namely: Non-discrimination, The best interests of the child, Rights to live; life sustainability; and development, as well as respect for children's opinions. The basic needs of children are physical biomedical needs (fostering), emotion/affection (love), and the need for mental stimulation (sharpening). These three basic needs are interrelated.

Children need to be stimulated early to develop sensory-motor, emotional-social, speech, cognitive, independence, creativity, leadership, moral and spiritual abilities as early as possible. Providing stimulation to children is a process of learning, education, and training for children. This should be done as early as possible and is especially important in the first four years of life. These vital functions contribute to a well-rounded individual: sensory and motor skills, emotional-social development, speech and language abilities, cognitive capacity, independence, creativity,

CHAPTER

7

ANTICIPATION GUIDANCE IN PRESCHOOL-AGE CHILDREN



Source: <https://eclkc.ohs.acf.hhs.gov/safety-practices/article/active-supervision>

Anticipatory guidance (or preventive counseling) is advice the pediatrician gives to avoid problems that could occur in the future. Topics such as nutrition, injury prevention, behavior management, stimulation of development, sex education, and general health education can all be covered during each visit. The most frequent concerns included opinions for and against breastfeeding and circumcision, hospital policies on home care and paternal presence in the delivery room, and ways to reduce sibling rivalry. (Schmitt, 2009).

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BIODATA AUTHOR



Arif Rohman Mansur

The author was born in Jepara on August 28, 1987, and is the fifth child of five siblings. He completed his primary education at Jambu IX Mlonggo Public Elementary School in 1999, junior secondary education at Jepara 1st Public Middle School in 2002, and Senior High School at Jepara 1 Public High School in 2005. The author holds a bachelor's degree (S.Kep) and education Profession Nurse (Ns) from the Nursing Science Study Program (PSIK) Faculty of Medicine, Gadjah Mada University (UGM), in 2009 and 2010. The author has worked at STIKes Madani Yogyakarta as Chair of the Nursing Science Study Program, Research and Community Service Institute / LPPM, and Vice Chair 1 for Academic Affairs. The author has been working as a Lecturer in the Child and Maternity Section, Faculty of Nursing, Andalas University, from April 1, 2019, until now. Apart from being a lecturer, he is also active in writing books, and articles in mass media and journals, managing community service journals (Andalas devotional Warta), Chair of GKM Bachelor of Nursing Study Program, Unand Book Task Force Team. One of the writer's mottos is "Dare to Try and Keep Learning." The author has also written several books or learning modules and published research results in national and international journals. The writer is married and has three sons. One of the writer's mottos is "Dare to Try and Keep Learning." The author has also written several books or learning modules and published research results in national and international journals. The writer is married and has three sons. One of the writer's mottos is "Dare to Try and Keep Learning." The author has also written several books or learning modules and published research results in national and international journals. The writer is married and has three sons.



Mutia Farlina

She lectures at the Department of Children and Maternity, Faculty of Nursing, Andalas University. Apart from being a lecturer in carrying out the trauma of higher education, now he has also started to write books actively. One of the writer's mottos is "Whoever is serious will surely get"