

# PRESCHOOLERS GROWTH-DEVELOPMENT-NUTRITION NEEDS



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# GROWTH PATTERNS FOR PRESCHOOLERS

- HEIGHT INCREASE CONTINUES TO BE ABOUT 3 INCHES PER YEAR
- WEIGHT GAIN ABOUT 4 TO 6 POUNDS PER YEAR
- AT 4 THE BIRTH LENGTH HAS DOUBLED





# NUTRITIONAL NEEDS OF THE PRESCHOOLER

- ❑ CALORIE NEEDS DECREASE DURING PRESCHOOL YEARS TO 41 KCAL/LB./DAY
- ❑ FLUID REQUIREMENTS DECREASE TO 1.5 OZ./LB./DAY
- ❑ FAT REQUIREMENTS REMAIN THE SAME AS THEY WERE FOR THE 2 YEAR OLD CHILD



# MORE ABOUT NUTRITIONAL NEEDS

- STOMACH IS A LITTLE LARGER AND SO THEY CAN EAT LARGER PORTION SIZES THAN A TODDLER
- STOMACH ABOUT THE SIZE OF A OF FIST
- NEED TO EAT ABOUT EVERY 2.5 TO 3 HOURS
- NEED THREE MEALS AND 2 TO 3 SNACKS PER DAY
- GET 15% TO 25% OF CALORIES FROM SNACKS
- PRESCHOOLERS, LIKE TODDLERS, ARE ABLE TO SELF-REGULATE ENERGY INTAKE, BUT THEY DO NOT HAVE AN INNATE ABILITY TO CHOOSE A WELL-BALANCED DIET

# DEVELOPMENTAL MILESTONES OF PRESCHOOLERS ASSOCIATED WITH FEEDING



- PRESCHOOLERS HAVE MORE FULLY DEVELOPED MOTOR SKILLS THAN TODDLERS
- THEY HANDLE UTENSILS AND CUPS DIFFERENTLY
- THEY CAN SIT AT THE TABLE DURING MEALS FOR 15 TO 20 MINUTES
- SHOULD BE ENCOURAGED TO PARTICIPATE IN THE FAMILY MEAL, EVEN IF THEY DO NOT WANT TO EAT

# FEEDING HABITS OF PRESCHOOLERS

1. GROWTH SLOWS AND SO DOES APPETITE, SO THEIR EATING CAN BE UNPREDICTABLE.
2. APPETITE MAY VARY MEAL TO MEAL AND SOMETIMES DAY TO DAY.
  - A CHILD MAY ONLY EAT A LITTLE AT ONE MEAL AND THEN MAKE UP FOR IT LATER
  - SOMETIMES A BALANCED DIET FOR A PRESCHOOLER IS BALANCED OVER A FEW DAYS
3. YOUNG PRESCHOOLERS MAY STILL EXHIBIT FOOD JAGS AND STRONG TASTE PREFERENCES
4. AT AGE 4, PRESCHOOLERS SEEM TO ENTER A PERIOD OF FINICKY EATING, GENERALLY A CHARACTERISTIC OF REBELLIOUS BEHAVIOR IN THIS AGE GROUP
5. BY AGE 5, CHILDREN ARE MORE AGREEABLE TO TRYING NEW FOODS



- ❑ PRESCHOOLERS ARE MORE AWARE OF THEIR ENVIRONMENT THAN TODDLERS
- ❑ THEY ARE INFLUENCED BY EXAMPLES SET BY ADULTS IN THEIR LIFE.
- ❑ THEY ARE MORE SUSCEPTIBLE TO TACTICS THAT GET CHILDREN EXCITED ABOUT EATING HEALTHY FOOD (I.E. COOKING WITH KIDS, NUTRITION ACTIVITIES, BOOKS ABOUT HEALTHY EATING, ETC.)



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