

Positive Discipline through Ages and Stages

(adapted from the Parenting Kit, 1998)

Your Preschooler: Three to Five Years



Between the ages of three to five years, your preschooler is better at learning the lessons you would like to teach her. Many factors are “coming together” at this age.

- **Your child’s memory and understanding of what will happen (cause and effect) improves.**
Now your child can connect what he does with what happens next.
- **Your preschooler starts to imagine.**
This helps her “pretend” to be other people – a great way to learn about how other people feel.
- **Your child wants to play with other children.**
He is ready to learn the first social skills that help people get along.
- **Your preschooler looks up to.**
She tries to be like you and wants you to approve of her.
- **Your child likes to think of himself as a “big kid”.**
Wanting to learn the “big kid” skills.
- **Your preschooler can understand and accept rules.**
At this age, your child may seem to “like” rules.

Remember this ...

Your preschooler still has a way to go. Preschoolers are ready to learn about how to behave, but it is a long learning process.

For more information on parenting and positive discipline, contact your local Northwestern Health Unit office, or phone the Healthy Babies Healthy Children Program toll free at 1-800-465-4377



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