Preschool-age Development
• Preschoolers are becoming more independent.
• Preschoolers want to explore and ask about the things around them.
• Interactions with family will help shape their personality and their own ways of thinking.
• They have an active imagination and learn through play.
• They can recognize other’s feelings and learn to share and take turns.
• Preschoolers live in the “here and now” world.

Positive Parenting: Interventions to do with your preschooler from afar
• Use video/FaceTime.
• Schedule time to FaceTime during a meal, to read a bedtime story or sing a wake-up song to keep up daily routines.
• Create voice recordings of yourself talking or singing to your preschooler.
  – Via text message, WhatsApp, Marco Polo
• Record yourself reading their favorite storybooks.
• Encourage your preschooler to draw pictures to decorate your hospital room.
• Give a stuffed animal to your preschooler and keep a similar one for yourself. Tell your preschooler that when he or she is missing you to hug that teddy bear and you will receive that hug.

• Take pictures of yourself with the stuffed animal as you do your routine in the hospital, so that you can share with your preschooler what you did during the day.

• Be consistent and try to stick to a routine. Structure helps your child predict what will happen next.

• Praise your preschooler when he or she shows positive behaviors.

• Take care of yourself physically, mentally and emotionally. Try to stay calm and relaxed by listening to music, watching TV, reading a book, using a mindfulness app, playing games or doing puzzles.