

HOW ADULT PATIENTS CAN SUPPORT THEIR PRESCHOOL-AGE CHILDREN AT HOME

AGES 3 - 5 YEARS

CHILD LIFE AT CITY OF HOPE

For Child Life support and education, please email your Child Life specialist:



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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.