



# PRESCHOOL

AGES  
2-5

Generally, children in all age groups benefit from a patient approach to parenting that includes an established daily routine, verbal and physical forms of reassurance, opportunity for movement and exercise throughout the day, brain engagement, and minimal exposure to media — especially news or programs that may be stress-inducing.

## SYMPTOMS



## HOW TO HELP



**Fear of being alone; Nightmares**

Provide reassurance with words, physical comfort, and calming bedtime routine. Consider adapting sleep habits for the short term.

**Speech difficulties — including regression in ability, reduced word use**

Encourage other forms of expression with play, reenactment and storytelling.

**Potty Problems — loss of control, bed-wetting and/or constipation**

Limit fluid intake before bed. Encourage bathroom before bedtime. Reinforce daytime bathroom use. Praise child for following bedtime potty routine. Remain supportive.

**Change in appetite**

Allow for a shift in hunger levels, keep meal times consistent, and offer a variety of healthy food options.

**Increase in tantrums, clinging, and/or whining**

Reassure and comfort. Reinforce positive behavior with verbal praise. Allow safe space and outlet for emotional expression, e.g. coloring, playing. Tell child what you want them to do, versus what to stop doing.

**Sleep pattern changes**

Allow for short-term changes in sleep arrangements. Maintain general bedtime routines.