Stanislaus County
Office of
Education

Child/Family Services

Tom Changnon, Superintendent
1324 Celeste Drive • Modesto, CA 95355 • (209) 558-4030 • FAX (209) 558-4061

Growth and the Nutritional Needs of Preschoolers

Resource & Referral Handout

- Preschoolers grow pretty much at the same rate they did as toddlers—approximately three inches and four to six pounds a year.
- The nutritional concerns for preschoolers are much the same as for toddlers, too. Although iron deficiency anemia can present a problem, it is less common among this and older age groups. Tooth decay and obesity are significant health problems in this group.
- Young preschoolers may retain some of the eating behaviors that so worried their parents when they were toddlers: finicky behavior, erratic appetites, and dawdling at the table. By the time they're 4 or 5 years of age, though, most of these children will probably eat pretty well and will be good company at mealtimes.

Adapted from Berman, Christine, & Fromer, Jacki. (1997). Meals without squeals. Palo Alto, CA: Bull Publishing Co.

Family child Care at Its Best-Giving Children a Healthy Start