

5 Essential Skills For Preschoolers For The Right Foundation | Dr Swati Popat Vats

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FRDUVA7JZ7Q](https://www.youtube.com/watch?v=FRDUVA7JZ7Q)

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SUMMARY

The discussion emphasizes the importance of nurturing five essential skills in preschoolers: physical, language, emotional, social, and cognitive skills. It highlights the developmental stages children go through and the need for schools to understand these stages to avoid mislabeling children who may not yet exhibit certain social behaviors.

- *Five essential skills for preschoolers: physical, language, emotional, social, and cognitive.*
- *Developmental order: physical skills (crawling, walking) come first, followed by language, emotional, social, and cognitive skills.*
- *Schools should focus on balanced development across all five skills to support children's growth.*
- *Importance of nurturing environments where children feel loved and secure to foster emotional skills.*
- *Misunderstanding of solitary play stages can lead to incorrect labeling of children as unsocial or uncommunicative.*
- *Cognitive skills involve not just rote learning but understanding concepts and how to learn effectively.*
- *Parents and teachers must work together to nurture these skills for holistic child development.*

sometimes a school tells you your child doesn't play with anybody hello I am still developing my social skills of course I will not play with anybody because I am at the solitary play stage then I will go to the parallel play stage see all this information schools should have otherwise they'll end up labeling your child as somebody who's not talking who's not mixing who's not listening Etc five skills that every preschooler must have

[Music] so how do can they have these skills well they have to be nurtured and parents and teachers have to be very very involved in nurturing these five skills what are these five skills they are physical skills language skills emotional skills social skills and cognitive skills now look at the order and you will see that the child grows also in this order a child first learns

to crawl creep walk physical skills then the child learns to talk language skills then the T child learns about you know uh emotions that I want this uh I'll cry if I don't get it I cry when I am upset and then starts the Social Development of children children learn to make friends children learn to stay with strangers Etc and cognitive development is the kind of a thread that binds all

these skills thinking skills they are there in everything that a child does so when you select a preschool you have to select one that will focus on all these five skills balanced because these five skills make your child and that is what is called the punchak kosha in our new National Education policy physical skills when you go to a school

check how

much of physical development are they going to be able to give your child small motor development large motor development all the exercises climbing creeping uh picking up things Etc language skills are they going to talk to your children in conversations or are they always going to give instructions to your children and uh interrogate your children by asking questions that's not language skills emotional skills children need to feel loved to feel

secure and that is there in the mass laws hierarchy of needs also I need to feel accept it then my emotions will Thrive social skills uh you know sometimes the school tells you your child doesn't play with anybody hello I am still developing my social skills of course I will not play with anybody because I am at the solitary play stage then I will go to the parallel play stage see all this information School should have otherwise they'll end up

labeling your child as somebody who's not talking who's not mixing who's not listening Etc and then you come to your cognitive skills which means are they going to make your child root learn things are they going to say oh we're going to teach your child up to 500 but your child only knows how to count those numbers 1 2 3 4 5 6 7 but doesn't know what is the difference between five cubes and three cubes so cognition is

all about not only about what to learn but also about how to learn so five skill panchak kosha every preschooler must have for parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to kidstop press now