



## Living With Preschoolers

### Session One: A Deeper Meaning

#### Introduction

Young children shape family culture by ensuring that we teach our values in ways they can understand and absorb. In this session, we'll consider the subtle, often exasperating ways in which, through their behavior, our preschoolers ask for increased connection, guidance, and modeling of the values our families hold most dear..

#### Question

Consider the age-appropriate (if frustrating) behaviors listed below. Which ones have you noticed in your preschooler(s)? Feel free to make note of them on the following page or in any way that makes sense for you.

#### Invitation

Pick one behavior you currently notice in your preschooler(s). This week, spend time observing when and where the behavior most often occurs. Take notes if you choose. Note the time of day and any circumstances that may have led to the behavior.

### *Age-Appropriate Preschool Behaviors*

clinginess \* whining \* nagging \* defiance  
tantruming \* impulsivity \* aggression \* dawdling  
picky eating \* bossiness \* demanding

## Session One: Notes

What age-appropriate (if frustrating!) behaviors are you currently noticing in your preschooler? Feel free to take notes here.

