

Preschool visits



Dr Albert Cannitelli MD FRCP
40 Innovation Drive , Vaughan, Ontario L4H 0T2
Phone- 905 843 8400 Fax 18666821419

In the toddler to preschool years we focus on the same things we did before- growth, diet and development but see children less often. OHIP allows a “ check up” visit once per 365 days. This is a visit without other reasons. So, if you are coming in for an illness or follow up of a problem, that does not constitute a checkup. During the yearly visit we will focus on thing we do not do during other types of visits.

Diet:

We always look at diet. See our nutrition handout for further discussion. We focus on a good diet. We use an online nutrition assessment tool and encourage seeing a dietitian to fine tune the diet. There is a lot of science behind sports nutrition. There are adults and athletes spending a lot of time and money fine tuning their nutrition. Children need to grow and require the proper building blocks to do so properly. There should be even more emphasis placed on children’s nutrition. We should give them everything they need to grow and develop to their fullest potential.

Growth:

We measure heights and weights at these visits. What we are looking for is the proper amount of growth between visits, proper height based on the parents’ heights, and proper weight to height ratio. We don’t have a great way to assess body fat in children. Mostly its an observation. I do use a fat analyzer (impedance) and callipers at times especially to monitor children who are obese. We have our own computerized growth curves that we use. You can get a copy of growth charts (CDC or

WHO) at www.cdc.gov/growthcharts/clinical_charts.htm

Development:

From age 2-8 , I suggest doing an online assessment called pedstest. We will give you a password. There is a fee for this. Complete the assessment prior to the visit. We will print the assessment out for you and review with you. It may help identify any problem areas which we can then discuss during the visit.

Speech/Hearing:

For children who are delayed in speech or having issues with enunciation we would recommend speech therapy. A hearing test is useful when there are issues or for children who are at risk due to multiple ear infections etc. Otherwise I would suggest a routine hearing test around age 4-5.

Vision:

Optometry is covered by OHIP once a year in children. I recommend starting at age 3 unless I find a problem earlier. This should be done yearly as well.

Reading Readiness:

Teaching children phonics and learning sounds etc is important for pre-reading. Children with speech issues or hearing issues can have difficulty with reading as well. We have some computer program specifically for children with issues. There are tons of apps available for iPads etc that are great for preschoolers. I would encourage using these tools.

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