

School age visit



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Aside from reviewing growth during our visit, here are some other issues to consider for your child entering school:

learning issues- there are various types of learning problems. As children enter the school system, teacher or parents may note that a child is behind compared to other children of the same age. There can be many reasons for this. Paediatricians often get involved in assessment of learning problems. See our handout on academic and learning/attention problems.

Behavioural issues -anger management can be an issue at school. Impulsivity can lead to behavioural issues. Parents need to be aware of any potential behavioural issues at school and try to deal with them before a child is labelled as a 'behavioural problem' at school. There can be different reasons for "bad" behaviour from anxiety to depression.

social skills and self awareness- some children have poor social skills. This is especially common with children who have learning issues, ADD, anxiety or often with gifted children. Be aware of how your child interacts with others. Do they have friends? Do they play alone at recess? Teach children about proper social interaction and encourage friendship. Be aware of how they see themselves. More severe psychological problems can develop from poor self esteem.

lunch box diet- it is easy for children to develop a very restricted diet when they are picky and parents run out of options for packing a lunch. Try to encourage a healthy, balanced diet and involve children in choosing lunch and snack items.

bullying is a hot topic in the school system. Try to maintain good communication with your child and watch for signs of bullying- depression, school avoidance etc
empathy- teaching empathy at home will translate to other surroundings including school. It is important to teach a child to be kind and empathic. Bullying and abuse of children can be minimized by promoting and demonstrating an empathic nature by the parents.

illness management- children who have not been exposed to daycare or preschool will often get ill frequently their first years at school. Keep a good diet, good sleep pattern, extra vitamins and antioxidants and keep children home with fever or contagious illness.

screen time can become excessive for some children. Have a limit to TV, computer, video games etc and encourage social interaction, physical activity and reading. Set a reasonable limit for computer time. It is great and necessary for children to use computers and be comfortable with them., They can be very useful and educational as well. Just be selective. TV is more passive and so you can allow more computer/ tablet time compared to TV time.

family time is important. We all have busy lifestyles. Ensure you are spending enough time with your children and are available to help with school, homework or social issues. Strike a good balance of school and extracurricular activities. It is great for children to have activities- music, sports etc but keep a good balance and allow enough time to get homework done and have some free time as well. racial prejudice/tolerance starts from home. Set a good example for your children and promote tolerance of others. A good example goes a long way. Children's attitudes towards others starts from home.

If there are any concerns with issues mentioned above you can bring them up during our "check-up" visits

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