

Fit for School, Fit for Life

Thank you to all the teachers, parents, and school boards for their continued support and participation in this study.



1,200 students



15 school boards
315 schools



650 teachers

The **Early Development Instrument (EDI)** is completed by kindergarten teachers to assess a child's **school readiness** across 5 developmental areas.



RESEARCH HIGHLIGHTS

1



Vulnerability in areas of early development

Approximately **19%** of children in this study are considered **vulnerable** on the EDI based on provincial standards. Vulnerable children face greater challenges in school learning.

2



Nutritional risk

Children at **high nutritional risk** were **4 times** more likely to be vulnerable on the EDI.

3



Movement behaviours

Children who met national **sleep** and **screen use guidelines** had better school **readiness** outcomes.

4



Developmental screening at 18 months

The **Infant Toddler Checklist** accurately identified children vulnerable on the EDI.

Stay tuned for future studies!



Growth

How does growth in the early years affect school readiness?



COVID-19

How has the COVID-19 pandemic affected child development?