

# OSE: A New Education and Treatment Program for Preschool Period

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## Dear Editor,

In order to build societies on healthy basis, a new quality education system should be implemented. It is not possible for children to benefit from old and stereotyped education systems in this time. For this reason, the education system should also be organized in such a way as to meet the needs of the current children.

The OS education and treatment program (OSE) is a new and unique education method that includes basic education skills for children aged 0-18 years. This program argues that education and psychological support should work together. The OSE program shows the highest expectations for education and learning

from birth to 18 years of age. This program, together with the follow-up of the pedagogue and child psychiatrists, refers to a sensitive education system that aims to raise the capacity of every child to the highest level of their future and to raise the generations that respect the state, family, culture, identity and language. The OSE program argues that both parents and children should be educated together. It is designed to be the most effective for the development of children around the world.

The OSE program has been the product of a long-term work such as 7 years. This program is based on authors' clinical experience. A new education system has been created that can be most useful for children in today's conditions.

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The OSE program includes evaluations and clinical opinions of educators, sociologists, pedagogues, child development specialists, child psychiatrists and other physicians. The OSE program is intended for pediatricians, child psychiatrists, educators, parents and children. Early diagnostic monitoring and development of children with psychiatric problems such as inattentiveness, learning disability, mental retardation and autism are emphasized. The OSE program recommends active participation of parents in the educational process. It indicates that parents are parts of children's education and life. Therefore, parents should be made aware of child education and act together with the children. After school, parents should continue to educate their children. Educators should be aware of the psychological problems of children and observe development of children. When there is a problem, educators should contact family and child psychiatrists.

Mental health problems are as common as some physical health problems such as flu and should not be underestimated. It should be seen as a global disease in the 21<sup>st</sup> century. The OSE program will significantly reduce this burden and contribute to science. Many mental disorders, including oppositional defiant disorder, attention deficit hyperactivity disorder, anxiety disorders, attachment disorders and autistic spectrum disorders are currently known to occur in early childhood. Early diagnosis and treatment of these conditions can be complex and challenging.

The OSE program offers a more convenient way to treat children and adolescents with a clinical psychologist and a child psychiatrist, in combination with therapy and controlled medication. Specifically, it will enable diagnosis, treatment and statistic of many psychiatric

disorders in children between 2 and 3 years of age. These disorders include major depressive disorder, oppositional defiant disorder, post traumatic stress disorder, and attention deficit hyperactivity disorder. Autism is well defined in young children and will be diagnosed sooner in the infancy period when the OSE program is followed. Common anxiety disorders and attachment disorders will be easily treated.

The late diagnosis of mental health problems of children leads to the deterioration of families and children. This causes children to stay out of school and prolongation of treatment. Child's relationship with the parents, teacher and friends can be easily observed with the OSE program. In the OSE program, family, children, teachers, pedagogue and child psychiatrist work together. The OSE program is performed by the planning of these experts. Thus, children with psychiatric problems can integrate into the society without disrupting school education.

Metabolic diseases have important effects on children's development and behavior. Families and teachers may not be able to detect early metabolic diseases. In the OSE program, urinalysis, complete blood count, thyroid hormones, growth hormone, lactate, pyruvate, cholesterol, lipid, glucose, iron and ferritin levels, hepatitis markers are performed. Also, the clinical picture with multiple observations such as family, teacher, psychologist, pediatrician and child psychiatrist can be noticed in the early period. For this reason, an OSE program form has been developed and every observer should have it. This is a very useful form that allows early observation, diagnosis and treatment of problems in children (Figure-1).

The education program begins after the birth of the child. However, the compulsory education begins at age 4. First class starts at 6

years old. Primary education is 8 years and high school education is 4 years. A total of 14 years of education is provided. The compulsory education is 8 years. The academic year starts on 1 September and a break holiday is offered on 1 February. The second period starts on 11 February and ends on July 31<sup>st</sup>. There is a 10-day holiday between the periods and 1-month summer holiday. The number of education days is 280. The school will continue for 6 full days. Sunday is a weekend break.

The OSE is a 24-hour program. There is full-time education in the program. The education starts at 8.30 in the morning and 12.30 is lunch time. The afternoon education starts at 13.30 and ends at 15.30. Lessons should continue one hour. The break times should be limited to 5-10 minutes. Out-of-school courses are offered in Life Classes. These courses will start at 18.00 and finish at 20.30 in summer. In winter, they will start at 16.30 and continue until 19.00. Foreign language, mathematics and social sciences should be taught primarily in Life Classes. Other social activities like painting, music, poetry and psychological support can also be performed (Table-1).

The OSE program is based on good, excellent, professional principles that provide the child's emotional care peaceful, integrated with his friends and family and live in a peaceful way in the community. The OSE program consists of 10 principles that reflect current theories and research evidence on children's learning and early childhood pedagogy; stable and respectable relationships, cooperation, high expectations, trust and equality, diversity, learning and demonstrating continuous and different issues, discipline, respect, resolute and hardworking, self-confidence and effective communication and psychiatric support.

### **1. Stable and respectable relationships**

Educators should help children learn their responsibilities to others and value of collaboration and teamwork.

### **2. Cooperation**

Success is likely to be achieved in situations where childhood educators, parents, child psychiatrists and pedagogues work together.

### **3. High expectations, trust and equality**

Childhood educators believe that by focusing on equality, children have the capacity to succeed regardless of their various situations and abilities.

### **4. Diversity**

Educators respect family history, culture, gender, race, religion, language, tradition, parenting and lifestyle choices. They do their best to help children without discrimination.

### **5. Learning and demonstrating continuous and different issues**

Educators ensure that children receive education on different topics. Children are always motivated by different methods of fun.

### **6. Discipline**

The OSE program ensures that children are disciplined. In this program, children acquire self-discipline.

### **7. Respect**

One of the most basic principles of the OSE program is to educate children in a respectful manner. Children will be raised as modern and empathic individuals who respect their homeland, nation, parents and others' ideas and rights.

### **8. Resolute and hardworking**

It is aimed to educate ambitious and creative individuals who are trying to realize their

dreams. Children trained with this program will be more practical, regular and hard working.

### 9. Self-confidence and effective communication

It is aimed to educate individuals who have high self-confidence, express themselves freely and communicate effectively with other people.

### 10. Psychiatric support

In the program, children with psychiatric problems such as attention deficit, hyperactivity, learning disability, mental retardation, autism, communication disorder, anxiety disorder, mood disorder, conduct disorder, tic disorder, sleep and eating disorders, encopresis, enuresis, child abuse are identified in the early period, providing the necessary psychiatric support and providing them with educational system.

In summary, most of today's education systems are not prepared for children to receive psychiatric support. In this context, psychiatric disorders of early age may be overlooked. Therefore, the diagnosis and treatment of psychological problems in children are delayed. As known, early diagnosis is very important in the treatment of diseases. Delay in the treatment of children is a major problem for both children and families, society and the state. There are large gaps in the field of early education programs for mental illnesses.

The OSE program has provided an excellent opportunity to develop child, family and school mental health program. Children with psychological problems can be diagnosed and treated in early period with the OSE program. Children with domestic problems will also be identified and social service support will be provided. The OSE program enables families and communities to be conscious and sensitive about child care and treatment and child abuse.

**Table 1.** One day sample program in the OSE.

<b>06.30 – 8.00:</b> Awake, wash hands and face, breakfast time, (protein weighted, eggs, cheese, milk, olive) brush teeth. These should be taught by parents.
<b>08.00 – 08.30:</b> The longest distance to the school should be 2 km. Children should be delivered to school by the service or family.
<b>08.30 – 09.30:</b> Start the day with the Plan Circle. Children are held hand in hand by the teacher and they sing a motivational song to start the day. They come together and the teacher explain the features of the program for children.
<b>09.30 – 10.30:</b> Physical activities are made to develop fine and gross motor skills of children.
<b>10.30 – 11.30:</b> English (foreign language) activities are done. In foreign language, songs can be sung, story books can be read or words are taught in small dialogues.
<b>11.30 – 12.30:</b> Social activities and manual skills are carried out. Painting, drawing, gluing, dough play activities are done.
<b>12.30 – 13.30:</b> It's lunch time. They're prepared for lunch. Healthy foods that parents and teachers consider appropriate are consumed. After lunch, teachers want to wash hands and brush their teeth. Students can spend 10-15 minutes free time.
<b>13.30 – 14.30:</b> The afternoon activities begin. Chess, Lego and puzzle can be played.
<b>14.30 – 15.30:</b> Afternoon activities are done. Children are brought back into a circle. Get feedback from children about what they learned. The students are asked to arrange the class and to collect their personal belongings and bags. Parents or service are expected to arrive.
<b>15.30 – 16.30:</b> It is time to spend time and rest with parents.
<b>16.30 – 20.00:</b> Life Class starts. The educator asks the children to describe the activities of today. Repetition of lessons is done quickly. The issues that children have difficulty in learning are determined. The child is helped to improve himself.
<b>20.00 – 21.00:</b> It is time to spend time and rest with parents.
<b>21.00 – 22.00:</b> The next day program is prepared. Wash hands and faces, brush teeth. Dress up the clothes and go to bed. The parent reads a story book to help the child sleep. Thus, the parent-child relationship becomes stronger (Parental awareness of responsibility occurs and the child begins to like reading books).

Figure 1. A sample from the OSE form.

**Information About Child Development**  
**Section A - Medical Information**

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How old was your pregnancy?		Week	Day
What was the weight of your child?		Kilo	Gram
Who is your doctor or other health care professional?			Telephone:

**Vaccination**

Have you received all the necessary vaccines for your child?				<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> I do not know
<i>Your family should understand the school immunization requirements until your child is ready to enter the community / school baby / toddler program.</i>						

**Blood Analysis**

Have you ever taken a blood test for your child?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hemogram BUN Creatinine AST ALT TSH Thyroid Hormones Iron Ferritin	Vitamin B12 Vitamin D Folic acid Brain MR EEG
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**Child Development**

As a parent, are you concerned about your child's diet, general diet or growth?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If so, please write:		

**General Health Status**

Consider the current health status of your child. The OSE team is planning better services for your child and family, including specific diagnostics. Can you give information about your child's health status (special devices, allergies, other mental or physical information)?
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The OSE program is of particular importance for young children to be healthy and successful and alleviate their suffering. If necessary, child psychiatrists will be contacted and appropriate medications will be used. Medications can have a positive effect on children's learning skills. In addition, the OSE program will help to determine the frequency of psychiatric problems in children.

The OSE program provides a special service for children and adolescents with serious, complex and persistent disorders. Child and adolescent psychiatrists, social workers, clinical psychologists, psychiatry nurses and child psychotherapists can work as a team. In this way, new generations will grow up healthy.

### **Conflict of Interests**

The authors declare that they have no conflict of interest in the letter.

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