

## PROS AND CONS OF GOING TO SCHOOL AT AGE 5 OR 7

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**ABSTRACT:** This article discusses a question that many parents are wondering in today's modern world: should I send my child to school at age 5 or 7? At the same time, a lot of information about the advantages and the disadvantages as well as main causes of these age limits is provided. One can take necessary advice who is having a hesitation with the exact time of enrolling his or her children to school.

**Keywords:** 7-year-old and 5-year-old child, parent's opinion, advantages and the disadvantages, studies by experts.

There is a time to start everything. But there are those who say that I will get better results if I start earlier. At this point, it is permissible to tell about a specific time for children to go to school. Some people say that it is better to send them earlier, while others think that my children should go to school after he or she turns at 7 years old. Each parent may choose the time for their child according to different reasons. There are mainly two reasons for parents to come to such a decision. The first reason for 5-year-old supports may be that some parents are full-time employees and want their children to become independent as soon as possible. Next reason may be that some have a point of view that their kids are able to gain a knowledge better and faster at the age of 5. When it comes to the statements of 7-year-old followers they also have a productive concept about their judgement. First of all, it is widely believed that kids are ready physically and psychically to attend school and learn subjects. Moreover, they learn on a par with their 7-year-old peers, e.g. they are not behind them in some things, such as writing and reading. In addition, we can face with the children whose cognitive skills are developing extremely slowly for their age. Therefore, they cannot accept any knowledge until they reach older age, it may be 7 or even more than this.

We can count many advantages and disadvantages of the decision to allow earlier elementary school entry.

#### **Advantages of 5-year-old:**

- **Early Academic Exposure:** young children may benefit structured learning environments that can stimulate their intellectual growth and curiosity;
- **Socialization:** starting school earlier can help children develop social skills through interaction with peers and teachers, potentially enhancing their social development;
- **Parental Convenience:** for some families having children in school earlier can alleviate childcare burdens and allow parents to return to work sooner;
- **Tailored Learning:** for advanced learners, early entry can provide an opportunity to engage with curricula that match their learning pace and interests;
- **Development of Independence:** being in a school setting can encourage independence in young children as they learn to navigate new environments away from home.

#### **Disadvantages of 5-year-old:**

- **Emotional Readiness:** many 5-year-olds may not be emotionally ready for the demands of a structured school environment, leading to stress or anxiety;
- **Potential Burnout:** starting school early may lead to academic burnout, as children might feel pressure to perform at high levels over extended periods;
- **Long-Term Implications:** there may be long-term effects on academic performance and social relationships. Some studies suggest that children who start school later may have better outcomes in the long run;
- **Increased Competition:** early entry can lead to increased competition among peers, which might not be beneficial for young children still developing their self-esteem and coping skills.[3]

#### **Advantages of 7-year-old:**

- **Higher Grades:** at this age children can understand the topic or task given by teachers better and faster, so this can help them get better grades and higher test scores, which is a great incentive for them;
- **Formal Skills:** kids who start school in the year they turn 6 or 7 are more likely to have developed the skills and competencies needed to thrive in a formal learning environment, compared to their young peers who start school early;
- **Physically Ready:** currently, many school textbooks are available in large volumes and they have to carry heavy bags. Besides, children are not physically ready enough to sit still in a chair for 45 minutes of class, as a result their bones may grow incorrectly.[1]

- **Self-management:** at school, children can learn to manage their time properly, prepare for the class and take responsibility.

#### **Disadvantages of 7-year-old:**

- **Delayed Socialization:** children who start school later may miss out early social interactions that can help develop crucial social skills;
- **Increased Pressure:** older students may feel more pressure to perform academically, which could lead to stress and anxiety;
- **Adjustment Challenges:** children may face difficulties adapting to the school environment compared to those who start earlier, who may already be accustomed to routines and expectations. These factors can influence both academic and social development.

#### **Experiments on the time of school entry:**

It remains a great debate amongst professionals and parents on determining the optimal age for children to enter into school.

1. There is a growing trend amongst informed parents in delaying school entry. A study of more than 100,000 children, published in the journal *Early Childhood Research Quarterly*, found that **one in four families delay school entry until their child turns 6.**

This is contrary to the ‘earlier is better’ approach who support an early school starting age under the belief that children can get a head start in learning. However, whilst there may be an initial educational benefit for children starting school early, this is not sustained in the long-term into later childhood[3,49].

2. A study published by Hans Henrik Sievertsen from the *Danish National Center for Social Research* showed **improved self-regulation in children whose entry had been delayed to the 6 or 7 years of age.** Interestingly, these improvements persisted into later childhood up to the age 11.

The study found strong evidence that delaying school by a year provides mental health benefits to children, allowing them to better self-regulate their attention and hyperactivity levels when they do start learning.

Stanford Graduate School of Education Prof. Thomas De, who co-authored the study with Hans Henrik Sievertsen, also noted:

“We found that delaying kindergarten for one year reduced inattention and hyperactivity by 73percent for an average child at age 11 and it virtually eliminated the probability that an average child at that age would have an ‘abnormal’ or higher-than-normal rating for the inattentive-hyperactive behavioural measure”. [2]

In conclusion, it is recommended that not only parents, but also ministries of education take into account various depending aspects when choosing the exact time



for children to go to school. Starting earlier or delaying the school access have own benefits and drawbacks for children in their future development. Thus, in such situation, parents should select the right way for the benefits of their children, but not for their own one.

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