

Little Steps, Giant Leaps

Grow Well SG Parent Engagement Toolkit



0 to 2 years



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Access the information online at
<https://nhghealth.com.sg>

Resource Links:

www.healthhub.sg/programmes/parent-hub
www.healthhub.sg/programmes/parent-hub/baby-toddler
www.moh.gov.sg/staying-healthy/growwellsg/

For children to reach their full potential, they need the 4 Grow Well SG habits – **S**leep well, **E**at well, **E**xercise well and **L**earn well. We help you unpack what these habits include.

Each child is unique and so is their development. Adopt 1 or 2 habits first and gradually introduce the rest to help your child lead a happier and healthier life!



Children need plenty of sleep to restore, rest and repair their bodies. Sleep aids in a child's mental and cognitive development. Growth hormone levels are also at their highest during sleep.

Recommended sleep durations for children differ by age group, contributing to enhanced child's learning, memory, attention, concentration, mood and overall health and well-being.

Recommended hours of sleep:

- 0 – 3 months old: 14 to 17 hours (including naps)
- 4 – 11 months old: 12 to 15 hours (including naps)
- 1 – 2 years old: 11 to 14 hours (including naps)

- ❑ Create a bedroom atmosphere that is dim, quiet, comfortable, and free from screens
- ❑ Establish and maintain consistent sleep and wake times to create a regular routine
- ❑ Train your child to sleep independently starting at three months by implementing bedtime routines that may include bathing, baby massage, swaddling, dimming the light, and maintaining a comfortable temperature
- ❑ Provide comfort to your child without picking them up; gentle rhythmic patting can be soothing, while holding and rocking should be avoided
- ❑ Ensure activities and schedules don't overwhelm with rest periods, allowing plenty of time for sleep



Eat Well

Healthy dietary habits, including food choices and eating patterns, provide optimal nutrition for a child's physical and cognitive development as well as boosts immunity.

Healthy eating habits keep child of healthy weight, preventing chronic diseases later in life.

Recommended Nutrition:

- 0 – 6 months: Aim for exclusive breastfeeding
 - From 6 months (or from 4 months if your baby is ready), continue breastfeeding while introducing solid food to your baby's diet
 - 6 months – 2 years: Introduce fruit and vegetables and unseasoned foods to build healthy preferences. Choose water while avoiding sugary drinks such as juice
- ❑ Focus on your baby's hunger and fullness cues to establish good eating patterns
 - ❑ Age 4 months and above (based on readiness) – introduce a variety of solid foods with appropriate textures and flavours, prepared without added salt, sugar, oil, sauces, or seasonings
 - ❑ For exclusive breastfeeding, there is no need to offer water
 - ❑ After exclusive breastfeeding, offer water as the best source of hydration and introduce plain full cream milk only after 12 months. Avoid fruit juice, and sugar-sweetened beverages
 - ❑ Model healthy eating habits by consuming nutritious foods and practicing portion control yourself
 - ❑ Introduce fruits and vegetables early to build healthy preferences
 - ❑ A low-fat diet is not recommended as they need healthy fats for their growth and development

Exercise Well



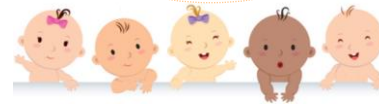
Physical activity develops strong muscles and endurance, strengthens bones, boosts immunity, helps maintain a healthy weight and enhances attention and memory.

Structured and unstructured play/activities are important for a child's overall development and can take place in safe indoor and outdoor environments.

Recommended hours of exercise:

- 0 – 1 year: Aim for 30 minutes of floor-based activities each day, such as tummy time or crawling play
 - 1 – 2 years: Encourage 180 minutes of physical activity daily, spread across light, moderate, and active play
- ❑ Arrange furniture to create a safe and open space for your baby to move freely and safely
 - ❑ Encourage activities that aid gross motor development. This includes crawling, learning to walk, pulling up to a standing position, and moving while holding onto furniture
 - ❑ Limit sitting in the same position for more than 1 hour
 - ❑ Model active by exercising daily and having fun outdoors with your baby allowing them to explore their surroundings

Learn Well



The growing brain thrives on human interaction and exploration of the natural environment.

The increasing use of screens in children is associated with effects on their language, cognitive, social, and emotional development, influencing attention span and physical health.

Recommended screen:

- 0 – 18 months: No screen use for children under 18 months, except for interactive video calls and do not turn on the TV in the background
 - 1.5 – 2 years: Limit screen use to less than 1 hour per day so that there is sufficient time for other important activities that your child needs
- ❑ Set a good example by turning off screens and putting away handheld devices during family meals and outings. Focus on being present when interacting with them
 - ❑ Do Not use the devices to stop your child's tantrums, during babysitting, to calm your child or during mealtime
 - ❑ Keep screens and handheld devices out of sight and out of the bedroom, 1 hour before bedtime
 - ❑ Engage your child with activities such as simple songs, reciting rhymes, storytelling or playing with toys
 - ❑ Regularly engage your child in outdoor activities such as going to playground or interactive activities, like shaking the rattle, mirror play etc
 - ❑ Turn off background screens, even when your child is not actively watching and try music or audiobooks for entertainment instead

We are excited to hear about your experience during your next visit!



Scan to discover more about Grow Well SG and the various activities you can participate with your child