



A Short Guide on safety, nutrition and play activities for your 12-month-old

Explore, learn and play with your child!

Always find opportunities to allow for incidental learning - every play can have teachable moments! Your child will be listening and absorbing even though he may not know how to reply you or copy the words you say yet.



Your child's confidence is important! Scan me to know more.

Let's Play!



Scribble Time

Scribble/paint freely with your child using different types of materials available (e.g. water mixed with food colouring, toxic-free paint or crayons):

- Praise your child for his efforts
- Take this chance to teach him about colours and improve his language skills



Exploratory Play

- Children are very curious at this age. Bright-coloured toys, push buttons will get your child's attention easily!
- You can also bring him outdoors to explore nature.
- Carry your toddler occasionally when he gets tired, and it allows him to look at things from a different/higher perspective.



Pretend Play

Teach your toddler the functional use of objects through pretend play.



Matching Games

Incorporate learning the names of shapes as you play the matching game with your toddler.

Scan me for more fun activities!





Tips during Play

- Be at your child's eye level.
- Follow your child's lead. Avoid giving commands or telling him what to do.
- No need to rush! Avoid trying to 'speed things up'. This is all part of the learning process.
- Change the activities based on the needs of your child. There may be things that he likes or dislikes. Include or substitute materials whenever necessary.

Anticipatory Guidance

It is recommended to seek professional help if you notice your child's development slowing down or he is showing the following symptoms after a distressing event:

- Sleep problems
- Easily startled
- General fearfulness
- Separation anxiety
- Aggressive behaviour
- Excessive fear to certain people/places/things
- Tensed and constantly on high alert
- Skills that have been achieved and now lost



Establishing Routines

- Praise your toddler for good behaviours.
- Make the effort to spend time with your child everyday.
- Establish consistent routines (e.g. play time, meal time, nap time, bed time, etc):
 - ✓ Recommended 1 nap per day
 - ✓ Optional to introduce teeth brushing
- Cultivate good reading habits. This way, you may avoid using the TV, tablet and other electronics/digital media to keep him occupied.



Feeding and Appetite Changes

- Encourage your child to self feed:
 - ✓ Avoid small, hard foods
- Provide healthy snacks when your child asks for snacks:
 - ✓ Toddlers tend to snack at this age (it is ok to have 2-3 meals a day)
 - ✓ Healthy snacks, e.g. small pieces of fruit, vegetable sticks, wholemeal bread
- Avoid excessive sugary treats.
- Avoid feeding your child with food that contains excessive oil or salt.
- Your child can start drinking regular cow's milk.

Safety

- Do not leave your baby alone in the water tub and on high places (e.g. changing tables, beds, sofas).
- Do frequent home safety checks (stair gates, cleaning products, electric cords).
- Do not leave heavy objects, hot liquids on tablecloths.
- Install window guards.
- Install child safety gate (e.g. at kitchen entrance).

SUPPORT AND HELPLINES	Department of Psychological Medicine KK Women's and Children's Hospital pnd@kkh.com.sg	Care Corner Counselling Centre (in Mandarin) 1800 353 5800
	Samaritans of Singapore (24-hour hotline) 1800 221 4444	Mental Health Helpline 6389 2222
	Singapore Association For Mental Health 1800 283 7019	AWARE Helpline 1800 777 5555

Source: KK Women's and Children's Hospital, Health Promotion Board, and American Academy of Pediatrics (Bright Futures)

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