



A Short Guide on safety, nutrition and play activities for your 18-month-old

Explore, learn and play with your child!

Here are some age-appropriate activities you can try out with your child:

Let's Play!



Bubble Time

Laugh and play as you teach your child how to blow, pop, chase and catch bubbles.



Sorting Game

Sorting games can be played any time! Your toddler can learn to sort toys, while he helps with sorting laundry too!



Let's Go Out!

Take any opportunity to bring your child out (e.g. neighbourhood park for a stroll, playground, or the market).



Every outing can be a great time for teaching your toddler new things too!



Scribble Scribble

Use non-toxic crayons or paint on large pieces of paper. Different textures and bright colours will be exciting for him!



Pretend Play

Let your child have a soft toy to play with and to include in his daily activities. Listening and responding during play is also good for bonding together!

Scan me for more fun activities!





Anticipatory Guidance

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

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

Temperament, development, toilet training, behavior, and discipline:

- Anticipate that your child may be anxious or clingy in new situations.
- Plan ahead for difficult situations.
- Be consistent with discipline/enforcing limits, especially across different caregivers.
- Read books about using the potty; praise attempts to sit on the potty.
✓ You can visit any public libraries to pick out some books on potty training!
- Wait until your child is ready for toilet training (dry for periods of about 2 hours, knows wet and dry, can pull pants up/down, can indicate bowel movement).
- In the event of a new baby, prepare toddler for new sibling by reading books about having a younger sibling.

Safety

- Use a rear-facing car seat for as long as possible until your child exceeds the highest weight or height allowed for his seat, and at least after his 2nd birthday.
- Never leave your child alone in or near water (e.g. bathroom). Take him along if you have to answer the door or phone.
- Do not leave heavy or hot items on tablecloths that he could pull over.
- Keep poisons, medications, and cleaning supplies locked up and out of your child's sight and reach.
- Install window grilles and keep furniture away from windows.
- Cover sharp corners with protective padding.
- Keep matchsticks, fire starters and electrical cords out of his reach.



How much TV is too much?
Find out here!



TV viewing and digital media:

- Read books, sing songs as part of daily routine to promote language skills, instead of videos.
- Use methods other than the TV or other digital media for calming (distraction with preferred toys/activities, removal from trigger, going outside).
- If necessary, choose high-quality programmes and view them together. Limit viewing to less than 1 hour per day.
- Be a good role model and show your child that you do not use your phone or tablets excessively.
- Avoid watching TV during meals.

SUPPORT AND HELPLINES

Department of Psychological Medicine
KK Women's and Children's Hospital
pnd@kkh.com.sg

Samaritans of Singapore (24-hour hotline)
1800 221 4444

Singapore Association For Mental Health
1800 283 7019

Care Corner Counselling Centre (in Mandarin)
1800 353 5800

Mental Health Helpline
6389 2222

AWARE Helpline
1800 777 5555

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

Many thanks to Amanda and Jason, Clarissa and Wilson, Juliana (@ storiesofplay), Daniel, Jun Lin and Chin Guan for contributing their photos

An initiative by:



KK Women's and
Children's Hospital
SingHealth



Polyclinics
SingHealth

TEMASEK
FOUNDATION