



## *A Short Guide on safety, nutrition and play activities for your 30-month-old*

*Explore, learn and play with your child!*

### *Let's Play!*



#### **Camping**

Make a tent using things you can find at home! Have fun together as you go on imaginary adventures together or simply share a quiet story time together.



#### **Obstacle Course**

Make an obstacle course with chairs, pillows or boxes. This will be a lot of fun with everyone at home! Make sure that items used will not fall over or hurt your child.



#### **Sand Play**

Enjoy exploring and making sand structures using different containers.

- ✓ Pails or cups
- ✓ Sieves
- ✓ Utensils



#### **Let's Build A Dollhouse**

Make a dollhouse with toys available at home, or even empty boxes!



#### **Playdough**

Demonstrate how to press, roll and cut out shapes with playdough.

*Scan me for more fun activities!*



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



## *Behaviour*

- It is normal for children to go through temper tantrums or exhibit challenging behaviour. Thus, it is important that caregivers know how to manage them, in order for children to learn the appropriate way to behave.



*Scan here to find out more on managing challenging behaviours!*

## *Safety*

- Children who have outgrown the rear-facing car seat should travel in a forward-facing car seat, up to the age of 5 at least, or when he exceeds the weight or height limits of the seat.
- Supervise child outside, especially around cars, machinery, dogs.
- Provide “touch supervision” (always within arm's length) near water, bathtubs, pools, toilets.
- Place non-slip mats in the toilet.
- Keep toiletries, other toxic products, matchsticks and firestarters out of reach.

## *Promoting social development*

- Encourage play with other children, with supervision.
- Build independence by offering choices between 2 acceptable alternatives.
- Limit to high-quality (educational) TV and digital media to no more than 1 hour a day.
- Monitor what your child watches.



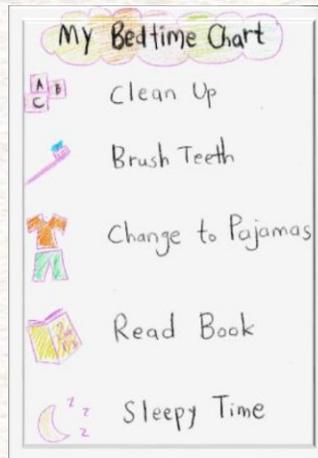
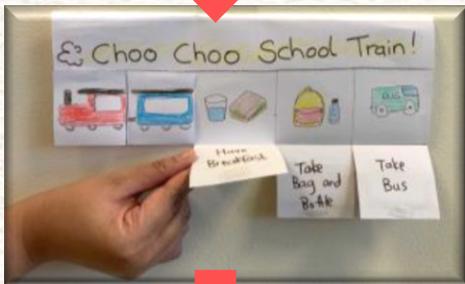
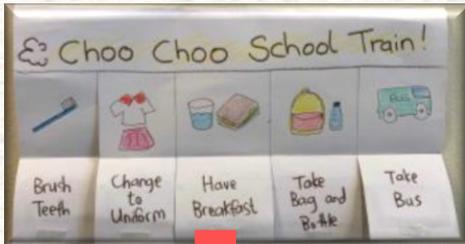
## *Language promotion and communication*

- Read together every day Find time to go to the library!
- Listen when your child speaks; model appropriate language for them by using correct grammar.
- Add to what your child says by using descriptive words.



## Family Routines

- Maintain regular family routines (quiet bedtime)
  - Sleep time chart or even a meal schedule is a great way to keep your day organised!



- Encourage family exercise and visit museums, zoos.
- Maintain social contacts; do things outside the family (e.g. visit grandparents/relatives).
- Reach agreement with all family members on how best to support your child's learning by allowing free exploration (with limits!).

<b>SUPPORT AND HELPLINES</b>	Department of Psychological Medicine KK Women's and Children's Hospital <a href="mailto:pnd@kkh.com.sg">pnd@kkh.com.sg</a>	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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