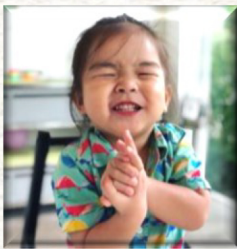




A Short Guide on safety, nutrition and play activities for your 36-month-old

Explore, learn and play with your child!

Let's Play!



Animal Charades

Take turns to pretend to be animals and the other will guess what the animal is. Make noises and get on all fours to play the animal!



Play Pretend

Build on your child's imaginative play by setting up a small 'shop' to sell cooked food and serve customers.

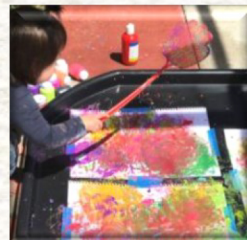
Examples of other scenarios:

- ✓ Doctor's clinic
- ✓ Animal clinic
- ✓ Supermarket
- ✓ Bakery



Finger Painting

Let your child dip his fingers in paint and make simple animals using fingerprints.



Mixing Colours

Help your child learn about mixing primary colors by using child-safe paints or food colouring and water.



Playdough

Demonstrate how to make shapes and build a simple snowman or cake using play dough.

Scan me for more fun activities!



Anticipatory Guidance

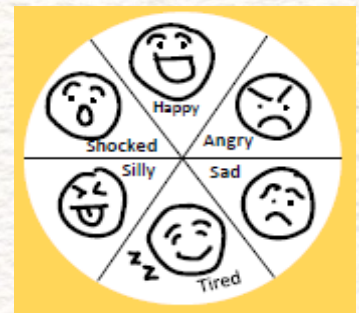
It is recommended to seek professional help if you notice your child's development slowing down or he is showing the following symptoms after a distressing event:

- 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



Language promotion and communication

- Read together every day. Let your child tell you stories from a book or TV show.
- Teach your child to sing songs and nursery rhymes with accompanying movements.
- Encourage your child to talk about his day at school, about friends and his outdoor experiences.
- Help your child label what he is feeling (e.g. angry, sad, happy):
 - ✓ Utilise free emotion wheels from online resources or draw one yourself and get your child to colour it!



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.

Safety

- Prevent choking during meals by cutting food into small pieces.
- Keep an eye on your child when he is near the road.
- Do not allow your child to cross the road alone.
- Move furniture away from windows and install window grilles.
- Teach your child about safety when interacting with pet animals.
- Watch out for your child in crowded places.
- Watch over your child when he engages in water play such as swimming or playing at water parks.
- Use a hat or sunscreen and insect repellent when your child goes outdoors.
- Avoid prolonged exposure to strong sunlight and ensure child has enough water to drink.

Scan here to find out more on managing challenging behaviours!





Scan here to find out more on building family relations!



Building Family Relations

- Show affection by hugging or cuddling your child as well as using warm, reassuring words.
- Model positive family relations by handling conflicts constructively and demonstrating care to other family members.
- Give your child the opportunity to make simple choices (e.g. Do you want to eat rice or noodles today?).
- Create opportunities for one-on-one time with your child to do his favourite activities regularly.
- Limit TV and screen time to no more than 1 hour a day.

Social Development and Play

- Encourage your child to play together with his siblings, cousins and friends.
- Expect fantasy and pretend play from your child (such as imagining a remote as a phone).
- Teach your child about taking turns and sharing toys with you, friends or siblings.

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)

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

An initiative by:



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