



### PRENATAL PHASE

Track prenatal development and tips for prenatal diet

### HEALTHY BRAIN DEVELOPMENT

The brain starts developing at a very fast rate throughout pregnancy and in the 0-3 years after birth. Lay the foundations for your child's healthy brain development with good nutrition, building caring relationships and positive learning experiences

### VACCINATION

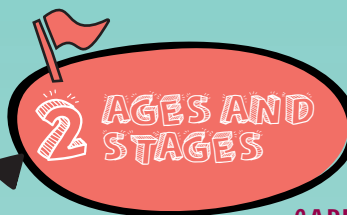
The first immunisation will be given to your child just after birth. Learn about the importance of childhood immunisation and the vaccination schedule here

### PARENTING GUIDES ON BABIES

Understand why your child acts the way he does, and how to cope with different behaviours

### CHILD DEVELOPMENT ACCOUNT (CDA) SAVINGS

Save your child's first \$3,000 in his Child Development Account (CDA), and the government will match these savings with another \$3,000!



### CARE & NUTRITION, DEVELOPMENTAL MILESTONES AND ACTIVITIES

Each age category in this section contains a list of Developmental Milestones to identify if your baby's development is on track. Follow the Five Basic Areas of Development and its exciting activities to do with your child.

#### 0-6 MONTHS

Emphasize on the importance of your child's emotional development at this age

#### 6-18 MONTHS

From ages 1+, learn how to introduce your child to solid foods and toilet training

#### 2-3 YEARS OLD

Learn about following a healthy diet for your child



Young minds are very receptive to learning math and logic between ages 1 to 4

#### 4-6 YEARS OLD

Emphasize character building and positive discipline

#### READING & RECOMMENDED BOOKS

Start a culture of reading at home. The type of books you read to your child contributes to the depth of their learning. Includes recommended English & Malay Books for 0-6 children, local reading & language resources

#### SPECIAL NEEDS CHILDREN

Identify any developmental delays or disabilities early so that your child can receive help on time. Includes activities for children who are at risk of developmental delays

# MY ADVENTURE MAP



SELECTING CHILD CARE, PRESCHOOLS, KINDERGARTENS

TIPS FOR TRANSITION TO PRESCHOOL AND PRIMARY 1

PRIMARY SCHOOL READINESS CHECKLIST

PULL-OUT "DO-IT-YOURSELF" ACTIVITIES



SUPPORT FOR FAMILIES

