



Here are some references if you need any help and advice on your child's growing and learning needs

#### HEALTH & SPORTING ACTIVITIES

##### Sport On! Kids Club

 [www.sportonkids.com.sg](http://www.sportonkids.com.sg)

##### Let's Play

 [www.singaporeports.sg](http://www.singaporeports.sg)

##### National Parks Board

 [www.nparks.gov.sg](http://www.nparks.gov.sg)

#### COMMUNITY CENTRES

##### People's Association

 6345 6163

 [www.one.pa.gov.sg](http://www.one.pa.gov.sg)

#### CHILD CARE SERVICES

For one-stop portal to child care information and services, visit [www.childcarelink.gov.sg](http://www.childcarelink.gov.sg) or call 6258 5812.

#### CHILDHOOD IMMUNISATION & DEVELOPMENTAL SCREENING

##### Singhealth Polyclinics

 6236 4800

 <http://polyclinic.singhealth.com.sg>

##### National Healthcare Group (NHG) Polyclinics

 6355 3000

 [www.nhgp.com.sg/](http://www.nhgp.com.sg/)

**SPECIALIST OUTPATIENT CLINICS****KK Women's and Children's Hospital  
Department of Child Development**

☎ 6225 5554

🌐 [www.kkh.com.sg/services/children](http://www.kkh.com.sg/services/children)**National University Hospital  
Child Development Unit**

☎ 6779 5555

🌐 [www.nuh.com.sg](http://www.nuh.com.sg)**Child Guidance Clinic  
(for developmental screening only)**

☎ 6389 2200/ 6389 2000

🌐 [www.imh.com.sg/clinical](http://www.imh.com.sg/clinical)**HEALTH PROMOTION BOARD****HEALTHLINE**

For more information or advice on general health issues, call HealthLine at 1800 223 1313\* to speak to the experienced Nurse Advisers.

**QUITLINE**

For advice on how to quit smoking or how to help someone quit, call QuitLine at 1800 438 2000\* to speak to the Quit Consultants.

**QUITLINE SMS**

Text your questions or concerns on quitting smoking to +65 9463 3771\*.  
Standard connection charges apply.

\*Operating hours

**Monday to Friday:** 8.30am to 5.00pm**Saturday:** 8.30am to 1.00pm**SCHOOL DENTAL CENTRE**

To make an appointment, you can call

Tel: 6435 3782

Or Fax: 6435 3775

Or Email: [HPB\\_Dental\\_Counter@hpb.gov.sg](mailto:HPB_Dental_Counter@hpb.gov.sg)

For more information, visit [www.hpb.gov.sg/pregnancyparenting/](http://www.hpb.gov.sg/pregnancyparenting/)