ADDENDUM FOR CHILD HEALTH BOOKLET

Please take care of this booklet and bring it along whenever your child visits a doctor, nurse or other healthcare professionals.

November 2021

Dear Parents/Guardians

This addendum modifies and supplements any Child Health Booklet(s) printed prior to November 2021.

Wherever there is any difference in content between this addendum and the older version(s) of the Child Health Booklet, the information within this addendum will supersede that in the older versions of the Child Health Booklet.

This addendum comprises the key pages that have been updated or added. The 'Contents of Addendum' page provides a summary of the sections where parents/guardians/clinicians should refer to the addendum.

Health Promotion Board

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Annex A

SUMMARY OF RECOMMENDED TOUCHPOINTS FOR CHILDHOOD DEVELOPMENTAL SCREENING AND NCIS VACCINATIONS

AGE	TYPE OF SCREENING [^]	IMMUNISATION
At Birth	-	BCG (Dose 1) Hep B (Dose 1)
4 weeks	 Growth monitoring: weight, length, OFC* Feeding history Hearing screening if not done at birth Physical examination and developmental check on page 7 - 8 To also focus on identifying any issues related to: (i) Congenital cataract (ii) Cardiac murmurs (iii) Prolonged jaundice (iv) Hip dysplasia (v) Abnormal growth monitoring (vi) Feeding issues (e.g. parent reported difficulties with breast or bottle feeding, vomiting/reflux) 	-
2 months	-	6-in-1 (Dose 1)**
3 months	 Growth monitoring: weight, length, OFC* Feeding history Test for squint Hearing screening if not done at birth/4-8 weeks Parents/caregivers please answer the questions below***: 	-
OR 4 months	 Can your child keep his/her head upright Yes/No when held in a sitting position? Can your child respond to the parent's/caregiver's Yes/No voice by quietening down if crying or smiling? Can your child visually follow the parent's/ Yes/No caregiver's movements, including turning his/her head from side to side? 	5-in-1 (Dose 2) PCV (Dose 1)
	 Physical examination and developmental check on page 9 - 11 	
	 Growth monitoring: weight, length, OFC* Feeding history Parents/caregivers please answer the questions below***: 	6-in-1 (Dose 3)
6 months	Can your child roll over? Yes/No Can your child turn towards a sound? Yes/No Can your child reach out for things? Yes/No	PCV (Dose 2) Influenza****
	 Physical examination and developmental check on page 12 - 14 	

Legend: [^]The recommended CDS touchpoints are at 4 weeks, 3 months or 4 months, 6 months, 12 months, 18 months, 30 months and 48 months. For the second touchpoint, the recommended touchpoint is at 3 months for children starting on the 5-in-1 vaccine schedule and 4 months for children starting on the 6-in-1 vaccine schedule. The 5-in-1 vaccine includes DTaP, IPV and Hib. The 6-in-1 vaccine comprises components in 5-in-1 plus HepB. Refer to Section 3 for more information on immunisation.

OFC - Occipito-Frontal Circumference

All height, weight and OFC measurements must be charted into the appropriate growth charts

** For infants born to HBsAg +ve mothers, HepB dose 2 is recommended at 1 month using monovalent HepB vaccine. 5-in-1 dose 1 is recommended at 2 months.

*** If your answer to any of these questions is 'No', please inform your doctor.

***** Annual flu vaccination or per season for all children age 6 months to <5 years (59 months).

SUMMARY OF RECOMMENDED TOUCHPOINTS FOR CHILDHOOD DEVELOPMENTAL SCREENING AND NCIS VACCINATIONS

AGE	TYPE OF SCREENING [^]	IMMUNISATION
	 Growth monitoring: weight, length, OFC* Feeding history Test for squint Parents/caregiver please answer the questions below***: 	
12 months	 Can your child wave bye-bye or clap hands? Yes/No Can your child say Papa or Mama? Yes/No Can your child stand alone for 2 or more seconds without support? Can your child walk a few steps? Yes/No Does your child have a pincer grasp? Yes/No Does your child babble, point or use gestures? Yes/No Does your child respond readily to affection? Yes/No Physical examination and developmental check on page 15 = 17 	PCV (Booster 1) MMR (Dose 1) Varicella (Dose 1)
15 months	 Growth monitoring: weight, height, OFC* Physical examination and developmental check on page 18 - 20 	MMRV (Dose 2)
18 months	 Growth monitoring: weight, height, OFC* Test for squint Parents/caregivers please answer the questions below***: Can your child stoop or bend to pick up a toy from the floor and return to a standing position without sitting down or touching the floor with his hands? Can you child say at least three words other than "Papa/Mama", which mean the same things each time he uses them? Physical examination and developmental check on page 18 - 20 	5-in-1 (Booster 1)
30 months	 Growth monitoring: weight, height, OFC, BMI Test for squint Parents/Caregivers please answer the questions below***: Can your child climb stairs without assistance? Yes/No Can your child speak spontaneously in sentences with 4 syllables? Physical examination and developmental check on page 21 - 24 	-
48 months	 Growth monitoring: weight, height, BMI Visual acuity and test for squint Stereopsis Physical examination and developmental check on page 25 - 28 	_

Legend: [^]The recommended CDS touchpoints are at 4 weeks, 3 months or 4 months, 6 months, 12 months, 18 months, 30 months and 48 months. For the second touchpoint, the recommended touchpoint is at 3 months for children starting on the 5-in-1 vaccine schedule and 4 months for children starting on the 6-in-1 vaccine schedule. The 5-in-1 vaccine includes DTaP, IPV and Hib. The 6-in-1 vaccine comprises components in 5-in-1 plus HepB. Refer to Section 3 for more information on immunisation.

OFC - Occipito-Frontal Circumference

All height, weight and OFC measurements must be charted into the appropriate growth charts

** For infants born to HBsAg +ve mothers, HepB dose 2 is recommended at 1 month using monovalent HepB vaccine. 5-in-1 dose 1 is recommended at 2 months.

*** If your answer to any of these questions is 'No', please inform your doctor.

**** Annual flu vaccination or per season for all children age 6 months to <5 years (59 months).

Annex B

SCREENING AT 12 MONTHS (6 months - 12 months)

Date c	of Screening:	Age:	Main caregiver	:	
PAI Ple • [• [•]	RENTAL CONCERNS ase inform your doctor if your chil Joes not babble, point or use gestu las lost any language skills Joes not respond readily to affectio las poor eye contact	d has ANY of the ires by 12 months on	ese difficultie	s:	
DEVE (TO E Please ALL F	ELOPMENTAL CHECKLIST SE COMPLETED BY PARENTS) e tick "Yes"/"No" IELDS SHOULD BE COMPLETED		YES	NO	Age (mths) when 90% achieve the milestone
Perso	nal Social				
1 You arm	ur child displays excitement like kicl ns, on seeing an attractive toy. (Exc	king legs or movir cites at a toy)	ng		5.5
2 You out a to	ur child will try to get a toy that he of reach by stretching his arms or by out of reach)	enjoys when it is body. (Works for			6.5
3 You (Re	ur child seems to be shy or wary of eacts to stranger)	strangers.			10
4 Wh him wit (W	en you face your child, say bye-by n, he responds by waving his arm, h hout his hands or arms being touch aves bye-bye)	e and wave to hand or fingers hed.			10.5
5 Wh clai har	en you clap your hands, your child oping his hands when you ask him ids or arms being touched. (Claps l	responds by to, without his hands)			11
6 You or v ma car	ur child can indicate what he wants whining. He may do this by pointir king speech-like sounds or putting ried without speaking. (Indicates w	s without crying Ig, pulling and arms up to be vants by gestures)		13.5
Fine N	1otor-Adaptive				
7 Wh foll the (Fc	en your child is on his back, his eye ow the movement of an object from mid-line and right over to the othe Ilows 180 degrees)	es and head will m one side, past er side.			4.5
8 You pla	ur child is able to focus on small ob ced in front of him on the table. (R	ojects like a raisin, egards a raisin)			5.5
9 You out	ur child can pick up a toy within his for things. (Reaches for an object)	reach or reach)			6
10 You his obj	ur child will look for an object that line of vision when his attention is ect. (Looks for a fallen object)	has fallen out of focused on that			7
11 You the	ur child can pass something small f other hand. (Passes a cube from h	rom one hand to and to hand)			7.5
12 You any (Fir	ur child can pick up a raisin by brin part of the thumb and any one fin nger-Thumb Grasp)	ging together Iger.			10
13 Wh abl bei	en your child is holding a block in e to hit them together, without his ng touched by you. (Bangs 2 cube	each hand, he is hands or arms s held in hands)			10.5
		15			

SCREENING AT 12 MONTHS

(6 months - 12 months)

DEVELOPMENTAL CHECKLIST (TO BE COMPLETED BY PARENTS) Please tick "Yes"/"No" ALL FIELDS SHOULD BE COMPLETED	YES	NO	Age (mths) when 90% achieve the milestone
14 Your child can pick up a small object like a raisin, using only the ends of his thumbs and index finger. (Pincer grasp)			13.5
Language			
15 Your child laughs out loud without being tickled. (Laughs)			4.5
16 You child turns towards the side of the sound of a rattle placed out of sight about 20cm behind each ear. (Responds to sounds)*			7.5
17 Your child makes single sounds consisting of a consonant and a vowel, like "ba", "da", "ga", "ma". (Says single syllables)			10
18 Your child imitates any sound after you e.g. sounds like coughing, clicking of the tongue or any other speech sounds. (Imitates speech sounds)			10
19 Your child uses the word "Papa" and "Mama" specifically. (Says Papa/Mama specifically)			14.5
Gross Motor			
20 When in a sitting position, your child can hold his head upright steadily. (Sits, head steady)			5
21 Your child is able to roll over from stomach to back or back to stomach. (Rolls over)			5
22 When you are holding your child under his arms loosely, he is able to bear some weight on his legs for a few seconds. (Bears weight on legs)			6
23 When your child is placed on his stomach, he can lift his head and chest up using the support of outstretched arms, so that his face is looking straight ahead and the chest is well lifted away from the surface. (Holds chest up, arm support)			7
24 Without being propped by pillows, a chair or a wall, your child is able to sit alone for more than 5 seconds. He can put his hands on his legs or on a flat surface for support. (Sits, no external support)			7.5
25 Your child can stand holding on to a chair or table for more than 5 seconds. (Stands holding on)			9
26 Your child can pull himself to a standing position by himself without help. (Pulls to stand)			10
*The instruction from the Denver Developmental Screening T	Fest (Sing	gapore) has	been amended.
Comments of Doctor/Nurse on Developmental Checklist con	npleted k	by parents:	

GROWTH				
Weight:	kg	% Occipito-	Frontal Circumference:	cm%
ength:	cm	%		
OTHER SCR	REENING			
temarks (if any):				
PHYSICAL	EXAMINATIC	IF DEEMED NE		
ye Examination:	Fixation on mo	oving object: Right e	eye Left eye	
	Cornea/Lens	Pupillary Light ref	flex	
	Red Reflex	Nystagmus:	Yes No	
		Squint: N	Yes No	
		Roving Eye Movement: `	Yes No	
		Eye Movements _		
Fontan	elles	Heart	Femoral pulses	Posture
Ears	[Lungs	Genitals	Muscle tone
Teeth	[Abdomen	Hips	Skin
OUTCOME	OF EXAMIN	ATION		
Normal		Next routine check a	t:	
	ow Up At The Clin	nic Review:		
Needs Follo		Referred to:		
Needs Follo	her Evaluation			
Needs Folic Needs Furti Remarks (if any):	her Evaluation			
Needs Folic Needs Furti Remarks (if any):	her Evaluation			
Needs Folk Needs Furth Remarks (if any): Doctor / Nurse:	her Evaluation		Signature:	
Needs Folic Needs Furti Remarks (if any): Doctor / Nurse:	her Evaluation		Signature: Date:	
Needs Folk Needs Furth Remarks (if any): Doctor / Nurse: Clinic:	her Evaluation		Signature: Date:	
Needs Folk Needs Furth Remarks (if any): Doctor / Nurse: Clinic:	her Evaluation		Signature: Date:	

Annex C

ORAL HEALTH CHECKLIST (TO BE COMPLETED BY PARENTS AT BIRTH, AGES 6 MONTHS, 1, 2 & 3 YEARS)

Tooth decay can cause a lot of pain and discomfort to your child. Good oral hygiene habits reduce tooth decay.	can preve	ent and
Please answer the following and tick "YES" / "NO". ALL FIELDS SHOULD BE COMPLETED.	For Pa	rents
1. At Birth	Yes	No
 I clean my child's gums and tongue at least twice a day with a clean, moist cloth wrapped around my index finger. 		
2. From approximately 6 months (when the first tooth emerges)		
 I brush my child's teeth at least twice a day (once in the morning and once before bed) using a soft bristled children's toothbrush. 		
 I fill my child's milk bottle with only milk/water and not any other sweetened drinks (e.g. juices, honey, or soft drinks). 		
3. From Ages 1 & 2		
 I floss and brush my child's teeth at least twice a day (once in the morning and once before bed, after last milk feed)*. 		
• I have attempted to wean my child off the milk bottle and switch to a cup.		
 I limit the amount and frequency of sweetened beverages and foods my child consumes. 		
 I do not allow my child to fall asleep with a milk bottle containing formula milk or sugary drinks as that can cause tooth decay. 		
 When my child wakes up at night for milk, I either give water, dilute the milk in a milk bottle or try other means to soothe my child back to sleep. Frequent or prolonged exposure to sugary drinks (e.g. formula milk) will lead to dental decay. 		
 I regularly lift my child's upper lip to check for white or brown spots on his/her teeth, which may indicate dental decay. 		
• When I see possible signs of decay, I make an appointment with a dentist immediately.		
I have brought my child for his/her first dental check by age 1.		
4. From Age 3		
 I floss and brush my child's teeth with a pea-sized amount of toothpaste with at least 1000ppm fluoride (F) twice a day. I ensure that my child does not swallow the toothpaste. 		
I ensure that my child limits sugar intake.		
I bring my child for regular dental check-ups.		

* Due to the concern for dental fluorosis, the recommendation for use of a smear amount (size of a rice grain) of 1000ppm fluoride (F) toothpaste for children < 3 years old should be limited to those at high-risk for dental caries. At the first dental visit, the dentist can determine the caries risk and make the appropriate recommendation for toothpaste use.



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Annex D

National Childhood Immunisation Schedule (NCIS) (from birth to age 17 years, effective from 1 November 2020)

Vaccine	Birth	2 months	4 months	6 months	12 months	15 months	18 months	2-4 years	5-9 years	10-11 years	12-13 years	13-14 years	15-17 years
Bacillus Calmette-Guérin (BCG)	D												
Hepatitis B (HepB)	D	D2		D3									
Diphtheria, tetanus and acellular pertussis (paediatric) (DTaP)		ā	D3	D3			8						
Tetanus, reduced diphtheria and acellular pertussis (Tdap)										B2			
Inactivated poliovirus (IPV)		Б	D2	D3			6			B2			
Haemophilus influenzae type b (Hib)		Б	D2	D3			6						
Pneumococcal conjugate (PCV10 or PCV13)			Б	D2	B1								
Pneumococcal polysaccharide (PPSV23)								2-1	One or two o	doses for chil specific me	ldren and add dical conditio	olescents age on or indicati	.uo
Measles, mumps and rubella (MMR)					D	D2							
Varicella (VAR)					Б	D2							
Human papillomavirus (HPV2 or HPV4)											D1 (Females)	D2 (Females)	
Influenza (INF)				Annuá agí	al vaccinatio e 6 months 1	n or per sea: to <5 years (son for <u>all ch</u>	ildren is).	Annual vacc age 5-17 ye	cination or pe	er season for cific medical	children and condition of	adolescents indication.

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Recommended ages and doses for all children

Recommended for persons with specific medical condition or indication

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- D1, D2, D3: Dose 1, Dose 2, Dose 3 B1, B2: Booster 1, Booster 2 10-11, 12-13, 13-14 years: Primary 5, Secondary 1, Secondary 2 (Tdap, IPV, HPV (for females) and MMR (as catch-up) vaccines are provided as part of Health Promotion Board's school-based vaccination programme)
 - **HepB**: Doses 2 and 3 are recommended to be given as part of the 6-in-1 vaccine at 2 and 6 months, respectively **MMR**: Only the dose 2 is recommended to be given as part of the MMRV vaccine •
 - .

Immunisations for diphtheria and measles are COMPULSORY by law.

The National Immunisation Registry (NIR) maintains immunisation records for all Singapore residents age 18 years and below. Parents can view their child's immunisation records at the NIR website (https://www.nir.hpb.gov.sg/) using SingPass for authentication.

The National Childhood Immunisation Schedule has been developed by the Ministry of Health in consultation with the Expert Committee on Immunisation, which comprises specialists from disciplines including infectious diseases, microbiology, paediatrics and public health as well as representatives from both the public and private healthcare institutions.

There are other vaccines that are not part of the National Childhood Immunisation Schedule. Please make an enquiry with your family doctor, polyclinic or specialist for more information on these vaccines.

For more information and updates on immunisation, please visit https://www.nir.hpb.gov.sg/.

Annex E

Immunisation Record of Vaccinations in the National Childhood Immunisation Schedule (To be completed by the doctor/nurse giving immunisation, see footnotes below for instruction)

In addition to completing the immunisation record below, medical practitioners are requested to notify the National Immunisation Registry of vaccinations carried

out. Notification of vaccination can be done via NIR Doctor Portal (https://www.nir.hpb.gov.sg/nird/ens/enslogin). Notification of diphtheria and measles vaccinations is mandatory under the Infectious Diseases Act.

Vaccine*	Sequence	Site of Vaccination ⁺	Brand of Vaccine [§]	Date Given	Batch No.	Name of Clinic/Stamp of Clinic
Bacillus Calmette- Guérin (BCG)						
Hepatitis B ¹	Dose 1					
(HepB) (e.g. Engerix-B, HBVaxPro)	Dose 2					
	Dose 3					
Diphtheria, tetanus,	Dose 1					
acellular pertussis ¹ (paediatric) (DTaP)	Dose 2					
	Dose 3					
	Booster 1					
Tdap (reduced) (e.g. Adacel, Boostrix)	Booster 2					
Inactivated	Dose 1					
(IPV)	Dose 2					
	Dose 3					
	Booster 1					
	Booster 2					
Haemophilus	Dose 1					
Inriuenzae type b' (Hib)	Dose 2					
	Dose 3					
	Booster 1					

Vaccine*	Sequence	Site of Vaccination ⁺	Brand of Vaccine [§]	Date Given	Batch No.	Name of Clinic/Stamp of Clinic
Pneumococcal	Dose 1					
conjugate (PCV10/PCV13)	Dose 2					
Synflorix, Prevenar 13	Dose 3 (<i>if given</i>)					
	Booster 1					
Measles, mumps,	Dose 1					
(e.g. M-M-R II, Priorix)	Dose 2					
Varicella	Dose 1					
(e.g. Varilrix Varivax)	Dose 2					
Human papillomavirus	Dose 1					
(females)	Dose 2					
(HPV2/HPV4) (Cervarix, Gardasil)	Dose 3 (<i>if given</i>)					
Influenza (INF) (e.g. Fluarix Tetra						
Influvac Tetra, SKYCellflu Quadrivalent.						
VaxigripTetra)						
Pneumococcal						
(e.g. Pneumovax 25) (PPSV23)						

Footnotes:		
 The trade name of commonly available vaccines is listed under the respective generic vaccine name as examples and are non-exhaustive. Fill in the anatomical site of vaccinations. Fill in the anatomical site of vaccination under the column "Stee of Vaccination" - "left de Record the generic babeviation (e.g. HepB) or the trade name (e.g. Engenx-B, HBvaxPPo) for each. Record the generic abbeviation (e.g. HepB) or the trade name (e.g. Engenx-B, HBvaxPPo) for each. For combination vaccines fill in the generic abbreviation or the trade name and other details in the the table below for commonly available combination vaccines. PPSVZ3 is recommended only for persons with specific medical condition or indication. 	in the "Vaccine" column. For combination vaccines, ple: toid", "right deltoid", "left anterolateral thigh", "right ante accine under the column Name of Vaccine ", ppropriate rows. E.g. for MMRV, fill in the abbreviation/t	se refer to the Table below. The trade olateral thigh," "left buttock" or "right ade name in both "MMR" and "varicell
TABLE: COMMONLY AVAILABLE COMBINATION VACCINES		
Description	Generic Abbreviation	Trade Name
DTaP, inactivated poliovirus, and Haemophilus influenzae type b vaccine	DТаР-IPV-Hib	Infanrix-IPV+Hit Pentaxim
DTaP, inactivated poliovirus, <i>Haemophilus influenza</i> e type b and hepatitis B vaccine	DTaP-IPV-Hib-HepB	Hexaxim Infanrix hexa
Tdap and inactivated poliovirus vaccine	Tdap-IPV	Adacel-Polio Boostrix Polio
Measles, mumps, rubella and varicella vaccine	MMRV	Priorix-Tetra ProQuad

(To be completed by the doctor/nurse giving immunisation, see footnotes below for instruction) Immunisation Record of Other Vaccinations

Vaccine*	Sequence	Site of Vaccination ⁺	Name of Vaccine [§]	Date Given	Batch No.	Name of Clinic/Stamp of Clinic
Rotavirus		Oral				
נפיט. אטומווא, אטומופט)		Oral				
		Oral				
Hepatitis A ² (e d Avaxim Havrix						
Vaqta)						
Meningococcal (e.g. Menactra, Menveo,						
Nimenrix)						
Others						

CONTRAINDICATIONS/REACTIONS TO VACCINES:

Footnote:

The trade name of commonly available vaccines is listed under the respective generic vaccine mames in the "Vaccine" column. The trade names are listed as examples and are non-exhaustive.
 Fill in the anatomical site of vaccine administration under the column "Site of Vaccine", "ight deltoid," "light deltoid," "light deltoid," "light deltoid," "light deltoid," "light anterolateral thigh", "light anterolateral thigh", "lift anterolateral thight anterolateral thigh", "lift anterolateral thight, the partial thight, the generic abbreviation (e.g. HepA) or the trade name (e.g. Avaxim, Havix, Vaqta) for each vaccine under the column "Name of Vaccine". For combination vaccines (if any), fill in the generic abbreviation of the trade name and anterolateral thight anterolateral the trade name (e.g. Avaxim, Havix, Vaqta) for each vaccine under the column "Name of Vaccine". For combination vaccines (if any), fill in the generic abbrevitito ovaccines (if any), fill in the generic abbrevition ovacci