

Annex 1

CONSENSUS STATEMENT ON SINGAPORE INTEGRATED 24-HOUR ACTIVITY GUIDE FOR EARLY CHILDHOOD: CONSENSUS STATEMENTS

CONSENSUS SUMMARY STATEMENTS

Statements (A) for Infants (0 to <1 year)

(B) for Toddlers (1 to <3 years)

(C) for Preschoolers (3 to <7 years)

Physical Activity

(A) Infants should be physically active several times a day, where more is better. It should be in a variety of forms and be conducted within a safe and supervised environment.

(A) Activities should include non-screen-based interactive floor-based play and tummy time, for those who are not yet mobile.

(A) Tummy time should be commenced soon after birth, building up towards at least 30 minutes spread throughout the day.

(B, C) Toddlers and preschool children should accumulate 180 minutes of physical activity throughout the day within a safe environment.

(B, C) Daily outdoor play highly encouraged, as is the involvement of caregivers participating in all forms of physical play with both groups and more activity is considered better.

(C) For preschoolers, at least 60 minutes should be of moderate- to vigorous-intensity and older preschoolers (5–6 years of age) should be exposed to a variety of age-appropriate activities that also promote muscle- and bone-strengthening, several times a week.

Sedentary Behaviour

(A, B, C) A daily routine for activities, sleep, and meals, may be useful in reducing the amount of sedentary behaviour.

(A, B) Avoid restraining infants and toddlers for more than 1 hour at a time.

(A, B) When infants or toddlers are seated, reclined or lying down, caregivers are encouraged to engage them in singing, reading, storytelling and imaginative play.

(A, B) Screen time, regardless of the type of device, is not recommended for infants and toddlers younger than 2 years of age.

(B, C) For toddlers 2 years and above and preschoolers, screen time should be limited to less than 1 hour per day.

(C) For preschool children, limit the total daily amount of sedentary behaviour, such as sitting, reclining, or lying down, and take breaks during extended periods of time spent being sedentary.

Sleep

(A, B, C) For all ages, a regular routine, consistent bedtime is helpful, conducive sleep environment and, for toddlers and preschoolers, avoiding screen time before night-time sleep, will help obtain quality of sleep.

(A) Infants should achieve 14-17 hours (for 0-3 months) and 12-15 hours (for 4-11 months) of sleep daily to promote optimal health and includes regular naps.

(A) Infants are recommended to sleep on their back in their own cot, in the same room as their caregivers to ensure sleep safety.

(B) Toddlers should achieve 11-14 hours of sleep daily, with regular sleep and wake-up times.

(C) Preschoolers should achieve 10-13 hours (for 3-4 year) or 9-13 hours (for 5-6 years) sleep daily. Older preschoolers may not need to nap if sufficient sleep has been obtained at night.

Diet

(A) Breastfeeding is recommended for infants and from 6 months of age, a variety of developmentally and culturally appropriate solid foods of various textures and flavours should be introduced with no added salt and sugar.

(A) A daily routine of meals consisting appropriate portions spaced every 2-3 hours is recommended to avoid overfeeding.

(B, C) Food should not be used to soothe toddlers or be provided as a reward, and screen time should be avoided during meal times for toddlers and preschoolers.

(B) The variety of foods offered to toddlers should be progressively increased and they should wean off milk as the main source of nutrition. Healthy family meals, whole milk and water should be offered, while establishing a structured routine for meal and snack times.

(C) For preschoolers, healthy eating habits should be developed as a family, with caregivers as role models. Sugar-sweetened beverage consumption should be limited, and develop structured meal and snack times in appropriate portions to support growth and development.

(C) Preschooler should be helped to recognise hunger and satiety cues.

Integration

(A, B, C) Aim to achieve most or all recommendations on physical activity, sedentary behaviour, sleep and diet for the best results