



Annex A

The Singapore Integrated 24-Hour Activity Guidelines for Early Childhood

Recommendations for infants (zero to <one year)	
Physical activity	<ul style="list-style-type: none">• Be physically active several times a day, where more is better, in a variety of forms and within a safe and supervised environment.• Activities should include non-screen-based interactive floor-based play and tummy time. For those not yet mobile, tummy time should start soon after birth, building up towards at least 30 minutes spread throughout the day.• Planning a daily routine of physical activities may be helpful.
Sedentary Behaviour	<ul style="list-style-type: none">• Avoid restraining and leaving infants unattended for more than one hour at a time.• Any form of screen time, including background screen time, is not recommended. When the infant is seated, reclined or lying down, caregivers are encouraged to engage the infant in singing, reading, storytelling and imaginative play.• Having a daily routine for activities, sleep and meals may be useful in reducing the amount of sedentary behaviour.
Sleep	<ul style="list-style-type: none">• Have a daily total amount of 14 to 17 hours (for zero to three months of age) and 12 to 15 hours (for four to 11 months of age) of sleep, including naps, to promote optimal health. It is recommended for infants to sleep on their back in their own cot, in the same room as their caregivers to ensure sleep safety.• Develop a regular sleep time routine to help infants fall asleep with ease.
Eating Habits and Diet	<ul style="list-style-type: none">• Breastfeeding is recommended for infants when possible. From four to six months of age, introduce a variety of development- and culture appropriate solid foods of various textures and flavours, that are prepared with no added salt and sugar.• Provide a daily routine of having meals spaced two to three hours apart in the daytime to avoid overfeeding.
Recommendations for toddlers (one to <three years)	
Physical activity	<ul style="list-style-type: none">• Accumulate at least 180 minutes in a variety of physical activities, where more is better, at any intensity spread throughout the day within a safe environment. Daily outdoor play for toddlers is highly encouraged.• Caregivers should actively participate in all forms of physical play with toddlers.



Sedentary Behaviour	<ul style="list-style-type: none">• Avoid restraining toddlers on a seat for more than one hour at a time.• Screen time, regardless of the type of device, is not recommended for toddlers younger than 18 months of age, and should be limited to less than one hour per day for toddlers who are 18 months and above.• When sitting or lying down, it would be most beneficial to engage the toddler in singing, reading, storytelling or imaginative play.
Sleep	<ul style="list-style-type: none">• Have a daily total amount of 11 to 14 hours of sleep with regular sleep and wake-up times. Develop a bedtime routine and keep to a consistent bedtime.• Provide a conducive sleep environment and avoid screen time 30 minutes before night-time sleep.
Eating Habits and Diet	<ul style="list-style-type: none">• Continue to increase the variety of foods offered to your toddler and wean off milk as the main source of nutrition. Introduce healthy family meals and offer whole milk and water, while establishing a structured routine for meal and snack times.• Avoid screen time during meal times. Using food to soothe your toddler or as a reward is discouraged.
Recommendations for preschoolers (three to <seven years)	
Physical activity	<ul style="list-style-type: none">• Accumulate at least 180 minutes of physical activity at any intensity spread throughout the day and within a safe environment. At least 60 minutes should be of moderate-to vigorous-intensity, where more is better, and the physical activities can be accumulative and take different forms.• Older preschoolers (five to six years of age) should be exposed to a variety of age-appropriate vigorous-intensity play and engage in muscle- and bone-strengthening activities several times a week. Daily outdoor active play among preschoolers is highly encouraged.• Caregivers should participate actively with preschoolers during all forms of active play.
Sedentary Behaviour	<ul style="list-style-type: none">• 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.• Recreational sedentary screen viewing time, regardless of the type of screen device, should be limited to less than one hour per day.
Sleep	<ul style="list-style-type: none">• Have a daily total of 10 to 13 hours (for three to five years of age) or nine to 11 hours (for six years of age) sleep. Older preschoolers may not need to nap if sufficient sleep has been obtained at night. Develop a bedtime routine and keep to a consistent bed and wake-up time.



	<ul style="list-style-type: none">• Provide a conducive sleep environment and avoid screen time 30 minutes before bed.
Eating Habits and Diet	<ul style="list-style-type: none">• Encourage healthy eating habits as a family, with caregivers as role models. Limit the amount and frequency of sugar-sweetened beverage consumption.• Provide a structured routine for meal and snack times in appropriate portions that support growth and development.• Avoid screen time during meal times. Teach your preschooler to recognise hunger and satiety cues.
Recommendations for all groups (zero to <seven years)	
Integration	<ul style="list-style-type: none">• Aim to achieve most or all recommendations on physical activity, sedentary behaviour, sleep and diet for the best results.

For more details on the guidelines, please visit www.ams.edu.sg/colleges/CPCHS/home