National University Polyclinics

NUHS National University Health System

National University Centre for Women & Children

Family and Child Health @NUP

HEALTHY FAMILIES, HEALTHY CHILDREN!

Newborns

Bacille Calmette-Guérin (BCG) Site and Umbilical Cord Care

You will learn how to take proper care of your baby's BCG vaccination site and umbilical cord, to prevent infection(s) after vaccination.

Neonatal Jaundice Screening

This screening enables early detection of jaundice in newborns and helps prevent jaundice-related complications.

Allergy Screening

Screening during infancy helps you identify if your baby is at risk of developing eczema or food allergies. Early detection allows for timely advice or referrals to be provided in areas such as allergy prevention, skin care and feeding.

Children

Growth Assessment and Developmental Screening

Monitor your child's growth and important milestones, including the provision of nutrition and physical activity advice. Spot developmental delays early through regular screening to enable timely intervention.

Immunisation

Ensure your child is protected from common vaccine-preventable diseases, by arranging an appointment for the recommended immunisation(s) at any of our polyclinics.

Oral Health Assessment

This assessment helps identify potential oral health problems, such as tooth decay, gum disease and delayed tooth eruption. Learn more about how regular dental visits are important and how you can teach your child about good oral hygiene practices.

Screen Time Assessment

Evaluate and track your child's screen time to understand the potential impacts on physical and mental health as well as brain development. You will also be able to teach your child how to develop healthier screen time habits, after the assessment.

Sleep Hygiene Assessment

This assessment will help to identify if your baby has sleep-related issues. Guidance on how to introduce healthy sleep habits to your baby will be provided.

Autism Screening

This screening allows you to track if your child is meeting his/her key development milestones. This will help you to identify concerns early and provide your child with timely support to enhance his/her learning and encourage positive social outcomes.

Potty Training

Learn how to recognise when your child is ready so that you can introduce potty training gradually. During this training, you will also learn how to establish a routine for your child to build healthy toilet habits.

Eye Screening

Helps to detect vision problems early, such as lazy eye or poor eyesight, to support learning and development as well as prevent long-term vision issues. You will also learn useful tips on how your child can cultivate good eye care habits.

Assessment and Screening Milestones

	NEWBORN	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	30 MONTHS	4 - 6 YEARS
BCG Site and Umbilical Cord Care	✓									
Neonatal Jaundice Screening	✓									
Allergy Screening	✓	✓	✓	✓	✓					
Growth Assessment and Developmental Screening		✓	✓	✓	✓	✓	✓	✓	✓	✓
Oral Health Assessment		✓						✓		
Screen Time Assessment		✓	✓	✓	✓	✓	✓	✓	✓	✓
Immunisation			✓	✓	✓	✓	✓	✓		
Sleep Hygiene Assessment			✓		✓	✓		✓	✓	
Autism Screening								✓	✓	
Potty Training									✓	
Eye Screening										✓

Mothers

Lactation Support and Management

You will be provided with education and counselling on topics, such as breastfeeding and proper latch techniques etc. Also, during the session, other issues, such as common feeding challenges can be identified and addressed.

Mental Wellbeing Screening

Early screening allows for timely identification of common mental health issues, such as postnatal depression and anxiety, before they become severe. You will be provided with the appropriate support, such as counselling and mental health educational materials.

Gestational Diabetes Mellitus (GDM) Follow-Up

After delivery, it is important to assess your blood sugar levels, monitor the development of diabetes or pre-diabetes. If your blood sugar level is abnormal, and it is not detected early or well-controlled, it can lead to serious and permanent complications. During the follow-up, you will learn how to maintain a healthy lifestyle for overall wellbeing.

Weight Management

Support and tips will be provided to help you manage post-partum weight gain and achieve healthy postnatal weight goals.

Family Planning Counselling

Helps you and your husband make informed decisions about your reproductive health and family size.

Breast Self-Examination (BSE)

Learn the proper techniques of BSE, which will allow you to detect unusual breast changes early and make informed decisions about your breast health.

Cervical Cancer Screening

Routine cervical screenings allow for the detection of abnormal cells or the Human Papillomavirus (HPV) infection, increasing the chances of timely treatment and reduces the risk of cervical cancer.

Fathers

Mental Wellbeing Screening

Postpartum depression can affect fathers too! It can affect your family's wellbeing and child's development. During the screening, you will be given self-care tips and provided with the support required.

Weight Management

It is crucial for you to maintain a healthy weight so that you can stay active and engage with your children. You can look forward to receiving tips on how to achieve weight loss goals and cultivate healthy eating and exercise habits.

Got a question? Fill in the form and we will contact you.

Download the NUHS App and make your appointment at any of our polyclinics.

Interested to find out more about our services?

Maternal and Paternal Health

Children's Health

NUP Polyclinics

1. Bukit Batok Polyclinic
2. Bukit Panjang Polyclinic
3. Choa Chu Kang Polyclinic
4. Clementi Polyclinic
5. Jurong Polyclinic
6. Pioneer Polyclinic
7. Queenstown Polyclinic
8. Tengah Polyclinic

Upcoming

9. Taman Jurong Polyclinic
10. Yew Tee Polyclinic