

Grow Well SG: Partnering for Our Children's Well-being

A joint initiative by the Ministry of Health (MOH), Ministry of Education (MOE), and Ministry of Social and Family Development (MSF).



Why Grow Well SG Matters Now

Building Healthy Habits for the Digital Age



A National Priority

Informed by local studies like GUSTO and SG LEADS, which show habits formed early impact lifelong health.



Addressing Modern Risks

The strategy holistically tackles challenges from excessive screen time, poor nutrition, and inadequate sleep.



The Goal

To empower families, with school and community support, to build healthy, lasting habits.



The 5 Pillars of Grow Well SG

The initiative is built on five interconnected areas for holistic development:

Eat Well
Balanced nutrition for growth and learning.

Bond Well
Strong family relationships as the foundation for all other habits.



Sleep Well

Healthy routines for concentration and mood.

Learn Well

Diverse experiences beyond screens for holistic development.

Exercise Well

Regular activity for strong bodies and minds.

A Health Plan for Every Child

Primary 1-3: A personalized tool to guide your child's health journey



What it is

A custom plan **co-developed with your child** during the annual school health screening.

How it works

1. Parents complete a Lifestyle Questionnaire
2. Healthcare personnel discuss goals with the child
3. A Personalised Health Plan is created

Your Role & Access

Review and use the plan at home. Access it via the HealthHub app.

New Initiative: Purposeful Screen Use

Clear National Guidelines

Actionable national guidance for managing screen time, based on the updated **MOH Guidance on Screen Use in Children**.



<3 years old

No screen time for infants/toddlers.



3-6 years old

Less than 1 hour/day outside of school.



7-12 years old

Less than 2 hours/day for non-schoolwork.



All ages

No unrestricted device access or social media accounts.

 **Parent Resources:** Digital for Life (DfL) Portal (go.gov.sg/digitalforlife) for bite-sized guides on managing screen use and online safety.



School Partnership: Creating a Supportive Environment

Schools are implementing concrete measures to support the Grow Well SG goals.



For Secondary Students (from Jan 2026)

Use of smartphones/smartwatches **not allowed during entire school hours**, including recess and CCAs.



Device Management

The Device Management Application (DMA) on learning devices will have a default "sleep" time of **10:30 PM**.



Healthier School Meals

Canteens follow updated guidelines for lower sodium and healthier beverages.

How You Can Support at Home

Your partnership is the key to success. Turn guidelines into daily habits.

For Screen Time

Use the clear daily limits. Co-view content, use parental controls, and designate screen-free times/areas (e.g., meals, bedrooms).

For Active Living

Use the **Healthy 365 app** to find free, local family activities and add your child's profile for personalised tips.

For Bonding & Mental Wellness

Access the **Parenting for Wellness** toolbox on Parent Hub (go.gov.sg/parenthub) for strategies to support your child's mental well-being.



Official Resources & Main Website

One-Stop Access to Trusted Support



Central Information Hub

Grow Well SG Official Portal

moh.gov.sg/staying-healthy/growwellsg/



For Digital Wellness

Digital for Life (DfL) Portal

go.gov.sg/digitalforlife



For Daily Parenting Support

- **Healthy 365 App** (Personalised tips & local activities)
- **Parent Hub** (go.gov.sg/parenthub)



For School Health Plans

- **HealthHub App** (Access your child's personalised Health Plan)



Working Together for a Healthier Future



Whole-of-Society Effort

Grow Well SG involves families, schools, and the community working together.



Start Small, Be Consistent

Celebrate progress. You are your child's most important role model.



Partner for Success

Let's build a supportive environment where every child can thrive.



Together, we can help every child Grow Well.

For more information, visit:

moh.gov.sg/staying-healthy/growwellsg/