

# 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

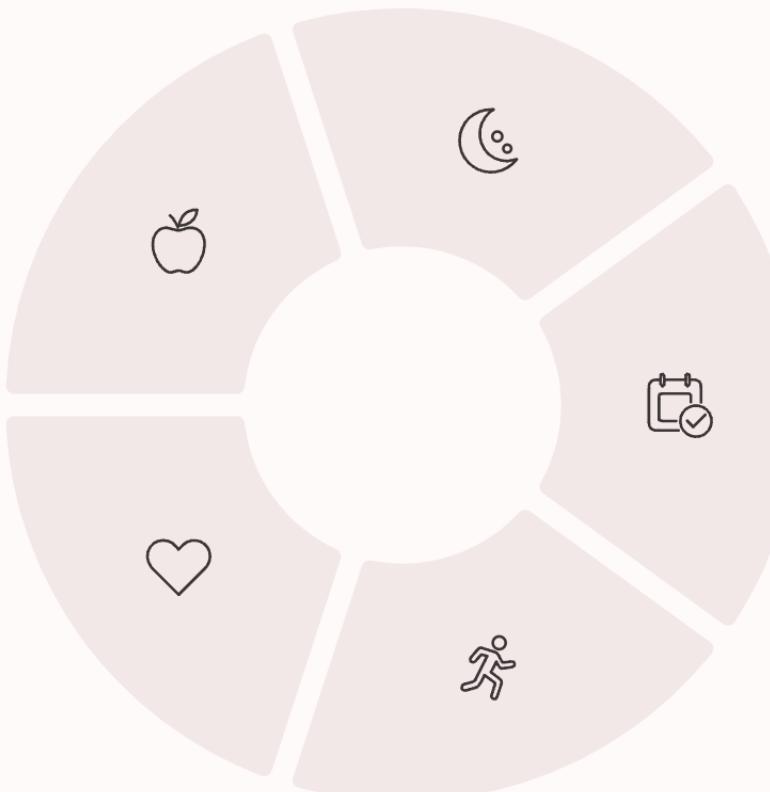
To empower families, with school and community support, to build healthy, lasting habits.



# 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.



- 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](http://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](http://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/](http://moh.gov.sg/staying-healthy/growwellsg/)

🌐 For Digital Wellness

**Digital for Life (DfL) Portal**

[go.gov.sg/digitalforlife](http://go.gov.sg/digitalforlife)

📱 For Daily Parenting Support

- **Healthy 365 App** (Personalised tips & local activities)
- **Parent Hub** ([go.gov.sg/parenthub](http://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/](http://moh.gov.sg/staying-healthy/growwellsg/)