



HEADS-UPP Programme Information Sheet

For Parents/Guardians

What is the HEADS-UPP programme?

HEADS-UPP (**HEA**lth **D**evelopment **SU**pport in **P**reschool **P**artnerships) is a community-based paediatric programme that provides health and developmental screenings, through partnerships with your child's preschool and community social workers from Care Corner.

Together, we will support you and your child in his/her health and development in a holistic manner. The screenings are led by a team of paediatric doctors, nurses and professionals from the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) at the National University Hospital (NUH), who work closely with other healthcare partners including a specialist dental team. The programme originated from a pilot partnership between NUH and Care Corner (through Circle of Care engagement of preschools) and has benefitted more than 230 children in the pilot phase.

Why is HEADS-UPP important?

Promotion of health habits start from young and healthy developmental routines start right at home. Our programme's approach is preventive, and it aims to achieve this through early identification of needs and referrals to relevant support services for you and your child.

What does HEADS-UPP offer?

Through the coordination of our services, we offer your child integrated care during the health and developmental screening. We also provide health education and guidance on parenting, and improving home environments which support your child's development.

For parents/caregivers:

- You will receive coaching sessions on health and parenting
- You can clarify any concerns you have about your child with the health team and social workers at your preferred time and location. This consists of at least three sessions of face-to-face visits at home or the preschool, and two follow-up teleconsultations (i.e. phone/video call)

In partnership with your child's preschool, your child will also be screened and assessed on-site at his/her school on selected days. You can be present during the screening and raise any concerns that you may have during this session.

Our health team, however, will not provide any treatment (e.g. medications) in this programme, but will help integrate your care needs with other clinics/programmes where necessary.

What are the benefits of the programme?

For Parents	For Child
1. Coaching on common but important health habits in young children	1. Detailed health and developmental screenings and assessments by a team of healthcare professionals led by a paediatric doctor and nurse
2. Family and parenting support through social workers	2. Holistic report on your child's health and development
3. Caregiver emotional well-being support through social workers and psychologists (if necessary)	3. Dental evaluation and photography, and detailed recommendations by specialist dental team
4. Specially-designed health information resources curated by paediatricians, and a recipe book with budget-friendly and healthy recipes put together by parents and a paediatric dietitian	4. Recommendation of health services required by your child (if necessary)
	5. Close partnership with your child's preschool to support his/her holistic development and health

The programme was carefully designed by paediatricians specialising in developmental and behavioural paediatrics, alongside dental specialists, and psychologists trained in supporting parental emotional well-being at NUH. The programme receives strong support from your child's preschool and also partners with a social service agency with specialised child services.

What will my child receive?

Your child will receive a holistic health and developmental report with recommendations and a complimentary dental kit after participating in the programme. Your child will also receive a book and toy kit from the National Library Board.

Are there any costs involved?

The health and development screening and support services are provided to you at no cost. Your child may be recommended for further medical visits or additional preschool or community programmes that are not covered under this programme. However, there are social workers who can assess your needs and assist you if you are eligible for financial assistance.

How do I sign up?

If you are interested to be part of the HEADS-UPP programme, you can indicate your interest with your child's preschool teacher. Preschools will work with us when the programme recruitment is open. We will contact you once permission has been granted for us to conduct screenings at your school.

If you have any queries on the programme, please contact the health team at 9655 2751 / 9729 5082 between Monday to Friday (excluding public holidays) from 9am to 5pm or email HEADSUPP@nuhs.edu.sg.

Notes:

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg

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