KK Women's and Children's Hospital
SingHealth

You are invited to join our...

DayOne Telegram Channel

In the channel, you can look forward to:

1. Monthly updates of new resources curated by our team. The content is developed based on feedback from caregivers and supported by relevant literature and research.

2. A library of general resources in our linktree. A range of topics are covered, including:
   - Self-care
   - Stress management
   - Child development (e.g. developmental milestones, speech and language, behaviour management)

Kindly scan the QR code to join the channel!

By joining this channel, you consent to receive information under the DayOne programme and agree to abide by the channel rules.