

ISSUE 10

DECEMBER 2024

THE ARIF TIMES

Achieving Resilient and Inspiring Families

IN THIS ISSUE

**Play and Spending
time with the Family**

PAGE 2

**Play with Your Kids
Today!**

PAGE 5

**What do you need to
know about Toys -
Babies' Edition**

PAGE 8



WELCOME TO THE ARIF TIMES!

Spending quality time with your little ones isn't just about fun—it's about building bonds that last a lifetime. Playing with your baby is a magical way to connect, fostering their development while creating memories that warm your heart. Babies don't need elaborate setups to have a great time; your smile, your voice and a few simple toys can turn any moment into a delightful adventure.

When it comes to toys for babies, think of them as tools for exploration. Babies experience the world through their senses, so choosing toys that engage touch, sound and sight is key. Rattles, soft plush toys, colorful stacking rings and textured teething toys are perfect for tiny hands and curious minds. But don't overlook everyday objects! Pots and pans, crinkly paper or a mirror can captivate a baby's imagination just as much as store-bought items. Always prioritize safety—ensure toys are free of choking hazards, BPA-free and age-appropriate.

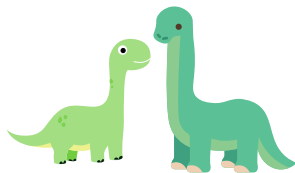
Above all, remember that play isn't about the toys themselves—it's about the interaction. Singing silly songs, playing peek-a-boo or simply narrating what you're doing sparks your baby's joy and strengthens their connection to you. These moments of play foster emotional security, enhance their communication skills and set the foundation for a lifetime of learning. So dive into their world, let go of adult worries and rediscover the wonder of seeing life through a baby's eyes. Your presence and enthusiasm are the greatest gifts you can give.

Play and Spending Time with Family

by Nurse Clinician Nazimah bte Mohd Sani

Play is a natural form of communication, learning and growing. It is more than just entertainment for themselves.

Why is family play time important?



Increases bond between the family members:

Bonding helps nurture the existing relationship and create cherished moments.



Creates a safe learning space:

Playing together makes the child feel safe. It gives them a chance to learn in which they can comfortably express themselves and their emotions.



Builds trust:

The more you play with your child, the more you are helping them understand the importance of a trusting relationship. These types of relationship focus on honesty and open communication. With trust, your child will initiate play instinctly especially when they feel safe. They are less likely to feel intimidated by something such as a serious conversation or multiple questions.



Contributors

A/Prof Suzanna Sulaiman
HEAD AND SENIOR
CONSULTANT
Department of Obstetrics and
Gynaecology
Deputy Chairman Div of O & G
KK Women's and Children's
Hospital



Nazimah bte Mohd Sani
NURSE CLINICIAN
General Paediatrics Service
KK Women's and Children's
Hospital



Muhammad Alif Abu Bakar
CLINICAL EXERCISE
PHYSIOLOGIST
Sports and Exercise Medicine
Service
Division of Medicine and Surgery
KK Women's and Children's
Hospital



Siti Nurzakiah Binte Zar'an
SENIOR MEDICAL SOCIAL
WORKER
Department of Obstetrics and
Gynaecology
KK Women's and Children's
Hospital



Kindly email
projectarif@kkh.com.sg for any
comments or feedback.

Log on to
<https://www.projectarif.sg>
for other Project ARIF
Resources.



Improves interaction through open communication:

Family play allows parents to work through social interactions with the children. Open communication is critical to building close connections. Good communication means everyone should be able to speak up, including children. They can have open discussions and share their thoughts honestly and respectfully. Happy, healthy family dynamics rely on respecting each other's thoughts and feelings. This would also allow compromising when needed.



Promotes Emotional Well-being of the whole family:

Shared playtime creates opportunities for laughter, positive interactions and collaboration, leading to deeper connections between family members. Such experience creates positive shared memories and provides a sense of belonging and connection.

When family members play together, such moments can be a healthy outlet for expressing emotions, managing stress and developing coping mechanisms. Children are able to witness all these in a safe and non-threatening environment.



Family time is incredibly valuable for building strong relationships and creating lasting memories.

Build LEGO	Play dress-up and create stories	Cycling	Picnic	Play bubbles at the park
Arts and Craft	Family Play! Family play can take many forms, each offering unique ways to bond and have fun together. Here are some examples of family play you may enjoy.. “Family is not an important thing. It is everything” -Michael J. Fox			Create musical instruments and ensemble a band
Any ball games				Cook/bake together
Hide and Seek				Planting
Play Tag				Read books
				Have a dance party
Peek-a-boo!	Make silly sounds	Create a fort under table	Play board games	Solve puzzles



Play With Your Kids Today!

by Muhammad Alif Abu Bakar

Living in a fast-paced society such as Singapore, it is easy to overlook the simple yet powerful act of playing with your children. Play is more than just fun and games, it is an essential component for children's development. It provides a wide range of benefits that impact their cognitive, social, emotional and physical growth.

During play, children are exposed to opportunities that encourage problem solving, creativity and imagination - which in turn helps to enhance their cognitive abilities. Interaction with peers through play also allows children to develop important social skills such as cooperation, negotiation and understanding others' perspectives and emotions.

Active play such as running, climbing or participating in sports helps children build overall strength, endurance, coordination and improves their motor skills. Additionally, being regularly active is associated with better overall health and reduces the risk of lifestyle diseases such as Obesity and Type II Diabetes.

Why is parent involvement in play important?

As parents, involvement in play with your children can amplify these benefits. Playing with children helps strengthen the parent-child bond and also gives you the opportunity to model positive behaviours and teach valuable life skills in a fun and enjoyable setting.



Parents can help make play more educational by introducing new problem-solving challenges, using new words to help expand vocabulary and gradually making activities more complex to boost cognitive development. Supporting and encouraging your children while they play, even if you are not directly involved, can also positively impact their psychological well-being.

Tips for parents to get involved in Play

1) Be present

- Put away distraction such as phones and work and be fully present during playtime. Giving your child attention as they play helps them feel secure and valued. It also helps children develop confidence and positive self-image.



2) Schedule time for Play

- Dedicate specific times of the day to play with your child. It is easy to overlook or de-prioritise play time with your child if you don't schedule it into your day beforehand.

3) Follow their lead

- Let your child choose the activity and let them guide the play. Children are more motivated and engaged when they are doing something they genuinely enjoy. Every child has their own unique interests and talent. By letting them choose, you support their passions which can help enhance their creative development.

4) Encourage physical activities

- Engage in physical activities and exercise with your children. Regular physical activity can help children and adolescents improve cardiovascular fitness, muscular strength and endurance, flexibility and coordination. Aim to achieve the recommended physical activity guidelines as best as possible.

Playing with your children is more than just a way to limit their sedentary activities such as using their tablets or watching TV, it is an investment in their future. Through playing with your children, you help them grow and develop the skills that are needed to navigate life. By getting involved, you not only enrich their experiences but also strengthen your relationship with them. So, take a break from your daily grind and get moving and playing with them!



PLAY

With your kids today!

Play is more than just fun and games, it is an essential component for children's development. It provides a wide range of benefits that impacts their cognitive, social, emotional, and physical growth.

So take a break from your daily grind and get moving and playing with them!

During play, children are exposed to opportunities that encourage problem solving, creativity, and imagination!

Active play such as running, climbing, or participating in sports helps children build overall strength, endurance, coordination, and improves their motor skills.

Parents can help make play more educational by introducing new problem-solving challenges, using new words to help expand vocabulary, and gradually making activities more complex to boost cognitive development. Supporting and encouraging your children while they play can also positively impact their psychological well-being.

Be Present!

Giving your child attention as they play helps them feel secure and valued.



Schedule time for play!

Dedicate specific times of the day to play with your child.



Follow their lead!

Let your child choose the activity and let them guide the play.



Encourage physical activities!

Engage in physical activities and exercise with your children.





What you need to know about toys - Babies' Edition

by Siti Nurzakiah Binte Zar'an

Parents often feel pressured to purchase numerous toys for their young children. As another festive season and year-end sales are upon us, we also feel attracted to get the latest 'viral' toys for our babies. It is important to remember that having too many toys can stifle a child's imagination and limit their ability to invent their own games, often resulting in short-lived interest and a desire for more. Remember, your child's best playmate is YOU! And some toys, too 😊! Here are some of the recommended essential toys that promote and maximise your baby's development:

Rattles

Colourful rattles can stimulate a baby's senses and promote their fine motor skills, visual development and pattern recognition.

Gently shake a rattle near your baby to see if they look for the sound.



Ring Stacker

This toy is probably baby's first manipulatives. There are so many different ways to play!

Stacking toys happens somewhere between 8-12 months. This toy helps develop motor skills as baby fits the rings onto the cone. Caregivers can introduce vocabulary words such as colours and sizes. Baby can also choose to balance the ring on the head, or simply roll them around.

Play Mirror

Mirrors provide sensory exploration and encourage curiosity.

They are also great for bonding between caregiver and baby, which helps form a secure relationship.

During tummy time, set a toy mirror in front of baby and observe. You can also hold baby and look in a mirror together. Point out facial features.



Textured cloth activity books

The different textures featured in the book help baby explore different textures and sounds.

Allow baby to touch, taste, and interact with the book to engage all of their senses. Make sure the books are kept clean.



Remember to ensure safety and cleanliness at all times, and rotate the toys to refresh baby's interest. Have fun playing!