

# Health Matters in the Early Years



Mr Leong (middle) with Minister of Social and Family Development Mr Tan Chuan-Jin at the appointment ceremony of the inaugural batch of Professional Development Programme participants.

**E**ating well gives our children a good start in life.

Nutritious, whole food nourishes and develops their bodies and brains, and also enhances their social and emotional wellbeing. In this issue of *Beanstalk*, we share tips from experts on how to inculcate healthy eating habits among our children, as well as other health advice.

In addition, we want our children to grow up in a safe and supportive learning environment. At the upcoming ECDA Early Childhood Conference, the early childhood fraternity will discuss how we can build partnerships with families and the community to support our children.

The conference, themed “Enriching Childhood: It Takes a Village”, will be held on 30 September and 1 October 2016 at the Suntec Convention and Exhibition Centre. Parents and children are most welcome to visit our family-friendly exhibition, packed with teaching and learning resources and fun activities.

Teachers are the heart of quality education. To this end, ECDA has launched a 3-year Professional Development Programme for pre-school teachers to broaden and deepen their professional knowledge and skills. You can read more about the programme in this issue.

September is a special month for that special teacher in your child's life. 2 September is Teachers' Day. Affirm the good work she or he is doing. You can find some fun ideas in this issue to show your appreciation and surprise your child's teachers.

The Roman poet Virgil said: “The greatest wealth is health.” Let's all work together to inculcate healthy habits and good values in our young children from an early age.

MR EUGENE LEONG  
Chief Executive Officer  
Early Childhood Development Agency (ECDA)



## ON THE COVER

**Clockwise from left:**  
Emmett Nathan, Nadya Bte Saiful Nizam, Brian Wong Jia Jie, Beverly Wong Zi Xuan, Cheng Ryizhe Jake, Sebine Annaliese Isabelle Chin Yi Yan, Aisy Akram Bin Rashidin, Siti Syaza Liyana Binte Daud

**Art Direction** Don Lee & Carol Chan  
**Photography** Mark Lee  
**Styling** Sharon Tan,  
assisted by Jessica Khor  
**Grooming** Manisa Tan & Jane Lau



Early Childhood  
Development Agency

**EDITORIAL PANEL**  
Angela Anthony  
Jennifer Law  
Klara Wu

## EDITORIAL CONSULTANT

**mediacorp**  
Senior Editor Agatha Koh Brazil  
Senior Writers Wanda Tan, Fairroza Mansor  
Art Director Don Lee  
Senior Designer Carol Chan  
Senior Business Relationship Manager  
Michele Kho  
Contributors Kelvin Chia, Mark Lee,  
Wilson Pang

*Beanstalk* is a quarterly publication by the Early Childhood Development Agency and is published by Mediacorp Pte Ltd. Copyright is held by the publishers. All rights reserved. Reproduction in whole or in part is prohibited. Printed by KHL Printing Co Pte Ltd.