



health Q&A

My daughter is in Primary 2. Recently, she stopped wanting to take an afternoon nap. She used to nap for one to two hours and sleep at around 9pm, but now she is still awake at 10pm. Is this normal and will it affect her growth? What I can do to make her nap in the afternoon or sleep earlier at night?

It is usual for children to require fewer hours of sleep as they grow. Newborn babies will sleep an average of about 16 hours per day and nap about eight times, and one-year-olds will sleep about 13 hours per day, with two to three naps. After age three or four, they will require about 11 hours of sleep and may not need any naps in the daytime.

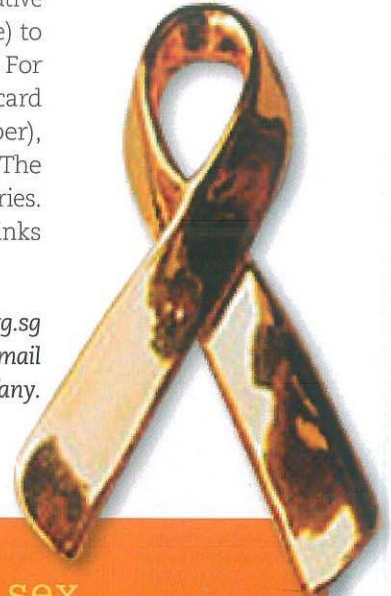
At age seven, children will usually not require an afternoon nap, but they should have about 10 hours of sleep at night. To help your child settle to early sleep, activities should wind down before bedtime. If there are distractions like television, then the child will want to be awake. The early sleeping habit should also be consistent if you want the child to sleep early regularly. – Dr Irene Chan, paediatrician with Pacific Healthcare

Do you have a question on family health? E-mail us at familymail@mediacorp.com.sg

save a cancer child

You may be in the pink of health, but you can help save a child with cancer. 15 February is International Childhood Cancer Day, and the Children's Cancer Foundation (CCF) has teamed up with Nets to give away special commemorative Combi CashCards (no stored value) to donors who pledge \$7 and above. For every transaction made using this card or through eNETS (till 31 December), NETS will donate one cent to CCF. The aim is to raise \$250,000 for beneficiaries. CashCard holders also enjoy free drinks and monthly movie benefits.

For more information, visit www.ccf.org.sg or call 6835-2665. For early pledges, e-mail your details and pledge amounts to tiffany.how@ccf.org.sg.



let's talk about sex

This is your chance to have all your sex questions answered. Desire a more fulfilling sex life? Not sure what issues influence your sexual wellbeing and health? Then mark this date on your calendar and head down with your spouse to 'Sexual Wellness', a Channel NewsAsia seminar on health and sexuality. You'll hear three experts share on the physical, mental and emotional factors that affect sexual relationships.

3 February, 2pm to 5.30pm. Toa Payoh HDB Hub Convention Centre (Auditorium). Tickets priced at \$50 from Sistic (www.sistic.com.sg or tel: 6348-5555).

peer pressure to healthy lifestyle



Concerned that your teen is smoking, not eating well or cooped up in his room 24/7? Nothing beats using peer pressure to change his behaviour. A team of passionate youths from tertiary institutions have stepped forward to rally their peers to lead a healthier lifestyle. Supported by the Health Promotion Board, the Youth Advolution for Health enters its second year by broadening its focus from smoking control to mental wellness, regular physical activity, healthy nutrition and STI / AIDS prevention.

Visit www.yah.sg or e-mail hpb_youthhealth@hpb.gov.sg