

for your little ones



check it out

Let your child learn about nature and build his confidence at the same time – sign him up for Forest Adventure Park, Singapore's first tree-top adventure course.

There's a two-hour Grand Course (for adults, and children 10 years and up and at least 1.4m tall), and an hour-long Kid's Course (for kids five years and up and at least 1.1m tall). The Kid's Course is supervised by First Aid-trained instructors and kids are hooked to a safety line at all times.

Watch them swing and climb their way through the trees via ladders, trapezes and flying foxes, while suspended above ground.

Participants are required to attend a safety briefing and initiation course. Forest Adventure is located at Bedok Reservoir Park. Fees range from \$15 to \$25. For more information, visit www.forestadventure.com.sg.

TEXT CINDY WEE PHOTO HOLOS/GETTY IMAGES

keep kids safe

It's the September school holidays and your child will be spending more time at play, both at home and in the playground. These are the usual places kids sustain injuries, says Dr Arif Tyebally, registrar at the Department of Emergency Medicine at KK Women's and Children's Hospital (KKH), who adds that head injuries, fractures and open wounds are some of the most common injuries in children aged three to nine years old.

To keep your child safe, Dr Tyebally suggests avoiding places like crowded playgrounds, which are a minefield for injuries. Make sure your neighbourhood playground is fitted with safe surfacing, such as rubber-like materials. If not, go elsewhere. You should also watch out for the areas around it, like ponds and roads.

When outdoors, your child should wear covered shoes at all times. Avoid clothes with drawstrings around the jacket hood or neck, which can get caught on something and cause strangulation.

For indoor play, place non-slip mats on polished floors, keep window grilles locked and place covers over electrical sockets. Keep fragile, loose and easily-overturned objects, like vases, lamps and ornaments, out of reach. Also, place corner guards on sharp furniture edges, and install a baby gate.

If your child gets hurt, see a doctor to determine the extent of the injury. A limb fracture takes about six weeks to heal, while open wounds can take five days to two weeks to heal completely.

look what we found!

Visit www.nationalgeographic.com/coloringbook/archive for more than 40 wildlife illustrations, which you can print out for your kids to colour. What we liked: Each sketch comes with trivia that teaches your child about the animal.

baby chic

If you love iconic Australian brand Bonds for their comfy inner and lounge wear, check out Bonds Babies' adorable pieces for newborns to two-year-olds, from floral dresses, bootleg jeans to pyjama sets. Most of the clothes are made from 100 per cent cotton or cotton-blend fabrics, which lets baby's skin breathe. Prices range from \$11.90 for a vest to \$39.90 for a pair of jeans. Get Bonds Babies at Takashimaya and Robinsons (Raffles City, Centrepoint). SH

