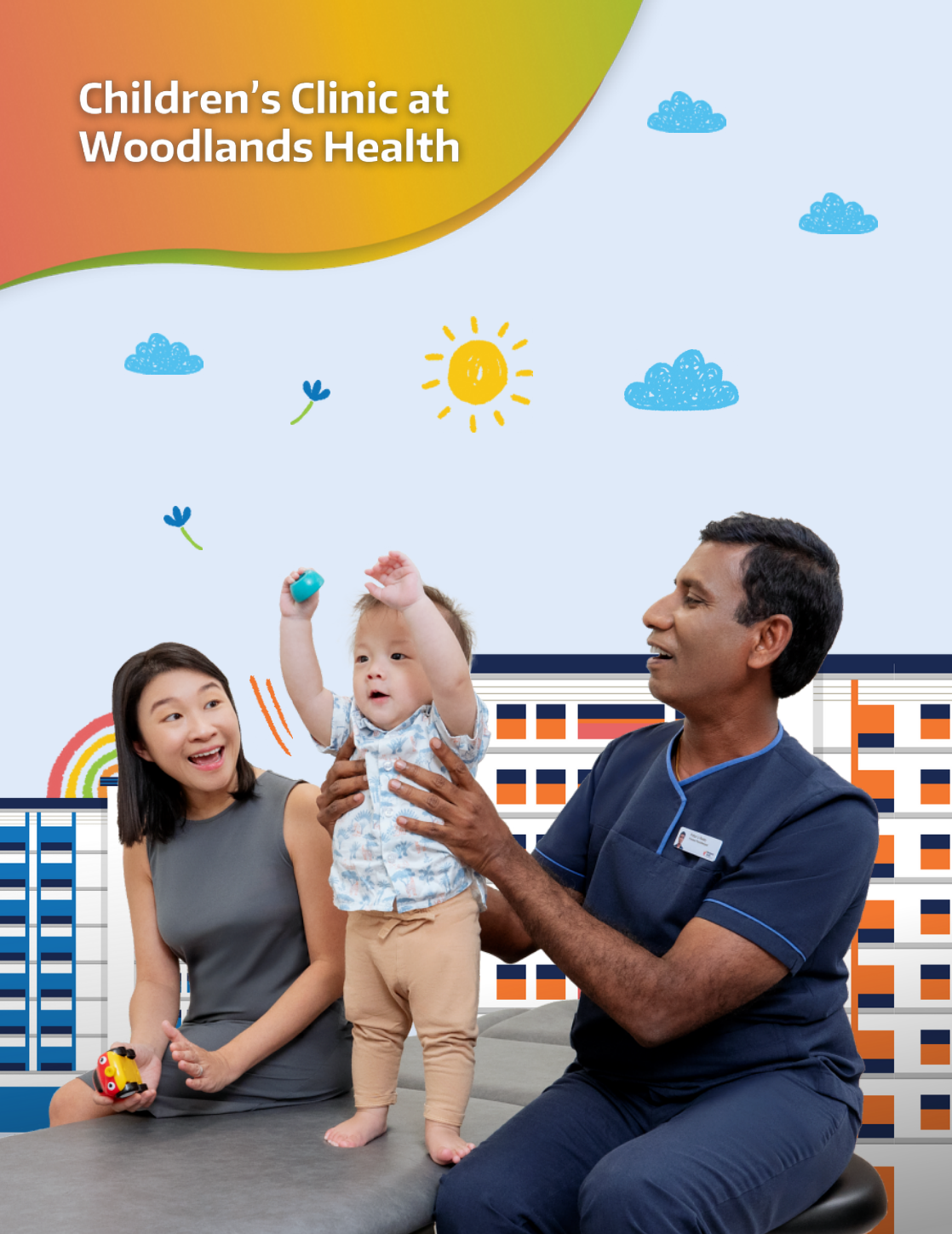


# Children's Clinic at Woodlands Health



A partnership between

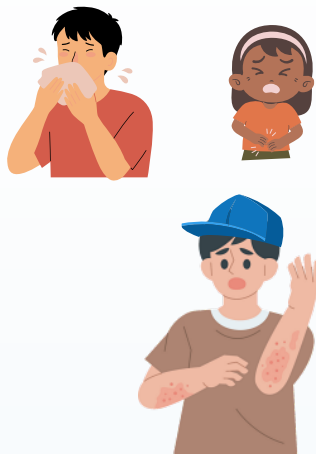


The Children's Clinic provides general care for common health conditions in children up to 17 years old. In partnership with KK Women's and Children's Hospital, we provide holistic and accessible healthcare for your child's needs.

Our multidisciplinary team includes general paediatricians, nurses, and allied health professionals dedicated to your child's wellbeing.

**Conditions we manage include:**

- Allergic rhinitis
- Anaemia
- Chronic cough
- Constipation
- Delayed/early puberty
- Headaches
- Mild eczema
- Obesity
- Prolonged jaundice in newborn
- Recurrent abdominal pain
- Recurrent wheeze
- Speech delay and disorders
- Fine motor concerns (from October 2025)
- Psychological conditions and disruptive behaviour (from October 2025)
- Torticollis, plagiocephaly and gait anomalies (from October 2025)
- Failure to thrive (from 2026)



## Paediatric Medicine

**How we care for your child:**

- Assess and manage common and chronic childhood conditions.
- Provide follow-up care and ongoing management.
- Coordinate care with your general practitioner.

# Speech Therapy

Our speech therapists aim to make every learning and interaction moment meaningful for children with communication difficulties. We support children aged 2 to 17 with:

- Language delay/ disorder: Difficulty understanding or expressing themselves using words.
- Speech sound disorder: Difficulty pronouncing words due to articulation issues, phonological delays or childhood apraxia of speech.
- Stuttering or stammering
- Voice disorder: Difficulty producing clear voice due to voice misuse or abuse, or conditions like puberphonia.



## How we care for your child:

- Provide individualised assessment and intervention.
- Work with you and your child, teachers and our care team to support their communication development.



# Physiotherapy

Our physiotherapists support babies up to 18 months old with musculoskeletal conditions. Working closely with the care team, we provide early, individualised assessments and interventions to ensure timely and appropriate care. We support babies with:

- Torticollis: Head tilted to one side.
- Plagiocephaly or brachycephaly: Flattening of the back or side of the head.
- Under-riding or over-riding toes: One or more toes curl inwards.
- Postural Congenital Talipes Equinovarus ('club foot'): Sole of the foot turns inwards and backwards.



## How we care for your child:

- Improve muscle strength
- Prevent muscle tightness
- Restore range of movement
- Facilitate normal movement patterns

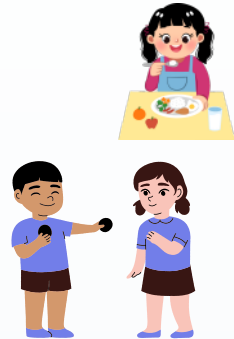


Parents are actively involved and supported with the knowledge, skills and confidence to manage their baby's condition.

# Occupational Therapy

Our occupational therapists help children build confidence and independence in areas important to their learning, play, and self-care. We support children aged 5 to 17 with challenges in:

- Fine motor and functional skills (e.g. handwriting, using utensils, dressing).
- Social-emotional and attention skills (e.g. managing emotions, maintaining attention, interaction with peers).
- Sensory processing (e.g. sensitivities to sounds, textures or movement).



## How we care for your child:

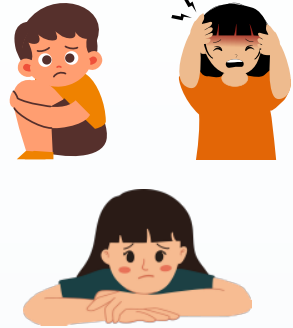
- Provide individualised assessment and therapy.
- Collaborate with the child, family, educators, and our care team to support skill development through meaningful and engaging interventions.



# Psychology

Childhood and adolescence are critical stages for emotional development. Our psychologists support children facing:

- Stress from life changes or illness.
- Difficulty with focus or learning.
- Unexplained physical symptoms (e.g. headaches, difficulty sleeping, stomachaches).
- Mood swings, anxiety or low self-esteem.
- Social withdrawal or bullying.
- Thoughts of self-harm.



## How we care for your child:

- Work with you, the school and healthcare teams, to ensure optimal and continuity of care.
- Evaluate your child's developmental and emotional progress.
- Provide therapy and counselling to support you and your child.
- Develop personalised coping strategies that can be used at home and in school.



# Audiology

Hearing screening plays an important role in the early detection and management of hearing issues in children. Identifying hearing difficulties early allows for timely intervention, supporting speech and language development.

## **How we care for your child:**

Provide hearing screening using specialised tests to assess different parts of the hearing pathway, such as

- Otoacoustic emissions: Measures the function of the inner ear (cochlea).
- Tympanometry: Measures how the middle ear responds to sounds and pressure changes.



# Medical Social Work Services

Our medical social workers provide support to children and families facing social, emotional or financial challenges that arise from a child's medical condition.

## How we care for your child:

- Financial assistance: Connect families to community resources and financial aid schemes.
- Treatment-related support: Provide guidance and coping strategies throughout your child's healthcare journey.
- Counselling and emotional support: Support families dealing with stress, caregiver fatigue or relationship difficulties.
- Crisis Intervention: Provide immediate emotional support to urgent concerns such as abuse or mental health crisis, and work with families to develop safety and care plans.
- Community referrals: Connect families to relevant community services.





# Nutrition and Dietetics

Our dietitians aim to support children in achieving optimal growth and development through good nutrition. We support children aged 2 to 16 with:

- Growth and development concerns
- Feeding challenges
- Weight management

## How we care for your child:

- Provide personalised nutritional assessment and intervention.
- Create nutrition plans tailored to each child's unique needs and family circumstances.
- Offer practical strategies and guidance to expand food choices and establish positive eating habits.



# Contact Us

If you have concerns about your child experiencing any of the above conditions, speak to your doctor about a referral to the Children's Clinic.

The Children's Clinic is located at:

**Woodlands Health Campus**

Medical Centre, Level 5

17 Woodlands Drive 17, Singapore 737628

For more information:



<https://for.sg/whcc-booklet>

For general enquiries, contact:

Main line: 6363 3000

Email: [enquiry@wh.com.sg](mailto:enquiry@wh.com.sg)

