



Parent's Guide: Navigating EIPIC Application & Community Resources

SG ENABLE
Inclusive society. Enabled lives.

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SECTION 1: Introduction to Early Intervention

A Child's Development

There are five main areas of development:

a) Cognitive Development

A child's ability to identify and solve problems, e.g. a two-month-old baby learning to explore the environment with hands or eyes or a five-year-old learning simple math problems.

b) Social & Emotional Development

A child's ability to interact with others, help themselves, and practice self-control, e.g. a six-week-old baby smiling, or a five-year-old taking turns in games at school.

c) Speech & Language Development

A child's ability to understand and use language, e.g. a 12-month-old baby saying first words, or a two-year-old naming parts of body.

d) Fine Motor Skills Development

A child's ability to use small muscles in their hands and fingers, to pick up small objects, hold a spoon, turn pages in a book, or use a crayon to draw.

e) Gross Motor Skills Development

A child's ability to use large muscles, e.g. a six-month-old baby sitting up with some support, and a five-year-old learning to skip.

A child's developmental progress is typically tracked via **developmental milestones**, which a child develops in a sequential manner. Here is an example of a set of milestones for a 2-year old toddler:



Reference: Centers for Disease Control and Prevention

Early Intervention & EIPIC

Early Intervention

- Early Intervention (EI) refers to services and therapy provided to infants and young children with developmental delays or disabilities.
- It seeks to maximise the development of the child through various intervention approaches, targeting the child's developmental areas such as motor skills, cognitive skills, psychosocial skills, speech and language, and activities of daily living.
- Early Intervention can come in various forms. It may be facilitated by a team of professionals or an individual professional, held at an intervention centre or in the child's natural environment (e.g. home, preschool), and conducted in a group or 1-to-1 basis.

Early Intervention Programme for Infants and Children (EIPIC)

- EIPIC is a specialised, subsidised programme customised to meet children's individual learning and developmental needs through equipping them with adaptive and functional skills.
- It is **not** a replacement for preschool and kindergarten education.

EIPIC is for:

- Children aged 6 and below
- Singapore Citizens or Permanent Residents
- Children diagnosed with or suspected to have developmental, intellectual, sensory, or physical disabilities, or a combination of needs and disabilities
- Children recommended by a doctor

How do I enrol my child in EIPIC?

- Enrolment in EIPIC is by referral. A referral can be triggered by the doctor or paediatrician who is seeing your child.
- With your consent and the doctor's recommendation, a referral will be raised to SG Enable (SGE), the national coordinating body for all EIPIC referrals.

Refer to **page 4** for "**Referral Process to EIPIC**".

1. TOUCH POINTS

KKH Department of Child Development NUH Child Development Unit or Private Paediatric Clinics

- **Doctor at Touchpoint** recommends child for EIPIC to maximise his/her developmental potential
- **Parents** submit EIPIC referral form to **Touch Point**
- **Touch Point** will submit referral together with relevant information on child's needs to **SG Enable**

2. SG ENABLE

Provision of Information and Referral Services

- **SG Enable Case Officer** contacts parents to share information and discuss choice of EIPIC Centre
- **Parents** decide on an EIPIC Centre
- **SG Enable Case Officer** sends child's application to EIPIC Centre of parents' choice

3. SERVICE PROVIDERS

EIPIC Centres by Social Services Agencies

- **EIPIC Centre** will contact parents to acknowledge child's application
- **Parents** may be invited to or arrange to visit the EIPIC Centre, Subsequently, **child** will be scheduled for a screening interview.
- **EIPIC Centre** will notify parents regarding child's projected enrolment date and other matters such as pre-admission, fees, transport etc. during the screening interview.

3 key stages to note in your EIPIC application:

Fill in and submit
EIPIC referral
form

Select EIPIC
centre

Update from
EIPIC centre

1. Fill in and submit EIPIC referral form (Touch Point)

- You will need to fill in the EIPIC referral form and give it to your Touch Point¹. Your Touch Point will then send your referral form together with their medical/assessment report to SG Enable.
- If your child is a Permanent Resident (PR), you will need to prepare additional documents².

2. Select EIPIC Centre (SG Enable)

- A case officer from SG Enable will contact you to discuss your choice of EIPIC centre.
- Once you have chosen an EIPIC Centre, SG Enable will send your application to that EIPIC centre.

3. Update from EIPIC Centre (EIPIC Centre)

- Your chosen EIPIC centre will contact you to inform you of the wait time for a vacancy, and arrange for a screening interview.
- The screening interview is done to assess your child's needs, so that he/she can be placed in a suitable class.
- The EIPIC centre will also discuss enrolment and class scheduling matters with you during the screening interview.

Learn the factors to consider when selecting an EIPIC centre on **page 6**.

¹ Touch Points are: KKH Department of Child Development (DCD), NUH Child Development Unit (CDU), or Private Paediatric Clinics.

² Additional documents required are:

- Child's birth certificate;
- Child's re-entry permit; and
- Parents' NRICs.

How do I select an EIPIC centre?

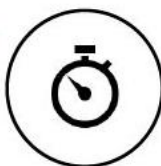
Important factors to consider include:

Location of Centre



- Home (current or future area of residence)
- Child's childcare or preschool
- Caregiver's location/ workplace

Estimated Wait Time (EWT)



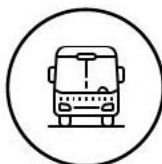
- EWT – from the point of SGE referral to child's enrolment
- Each EI Centre will update its EWT based on their centre's current capacity and resources

Caregiver's Presence



- Based on EI Centre's assessment, an adult caregiver may be required to sit in with child during the session

Transport Services



- Some EI Centres offer optional transport services
- Subjected to charges and availability

Scan the QR codes below to:

- Download SG Enable's online **EIPIC guide**, which includes the full list of EIPIC centres as well as useful information such as timings of sessions.
- Download the **EIPIC fee matrix**, which shows you the latest fees charged by EIPIC centres.

A Guide to EIPIC:



EIPIC fee matrix:



Singapore Citizens



Permanent Residents

Relevant contact details

SG Enable

You may contact SG Enable to find out more about the services available for you and your child.

Your assigned case officer will contact you within 10 working days upon receiving your completed EIPIC referral form from the hospital or private paediatrician.



1800 858 5885 (9.00am to 5.30pm, Mondays to Fridays)



Contactus@sgenable.sg



<https://www.sgenable.sg>



SG Enable's opening hours are 9.00am to 5.30pm, Mondays to Fridays.
(Closed on Saturdays, Sundays, and Public Holidays)

SECTION 2: What Can I Do As A Parent?

Parent(s) and family members play a vital role in the child's early intervention.

There are 2 main spaces through which you can get involved: Home and Play.

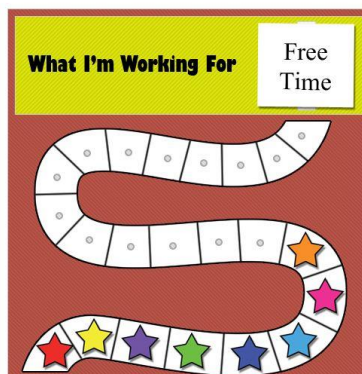
Skills your child picks up at the EIPIC centre will need to be practised and transferred to his/her natural environments, such as home, preschool, and other environments that your child is in.

Here are some simple tools you could use to engage your child on a day-to-day basis:

Token Economy

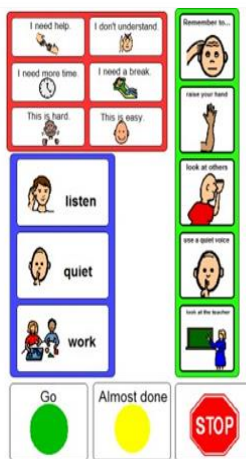
- Reward your child as he/she learns (set a goal or reward for your child)
- Give your child one token each time he/she displays a positive behaviour or action
- Your child can redeem a reward each time he/she reaches a goal

"What I'm Working For" Token Economy



Visual Supports

- Communicate with your child using pictures or visuals (you can use whatever works for your child)
- Can come in the form of pictures, physical objects, drawings, written words, videos, symbols
- Use visual supports to help your child better express his/her opinions, understand his/her schedule, make decisions



Picture Exchange Communication System (PECS)

- Use pictures to communicate with your child
- For a start, have your child give you a picture in exchange for a desired item or desired activity
- Over time, you can expand this to helping your child form short phrases or sentences



To help you along, the Early Childhood Holistic Outcomes (ECHO) framework (<http://www.echoframework.sg/>)³ also sets out a structured way of working with early intervention professionals to teach your child vital skills through daily scenarios he or she experiences.

³ QR Code for ECHO website: 

Managing Meltdowns

If your child experiences a meltdown, here are some things you can do:

What to...SAY	What to...DO	What to...AVOID
<ul style="list-style-type: none"> □ Speak in a calm voice □ Keep sentences short □ Use reassuring words, e.g. "You're safe", "I'm here for you" □ Encourage calming actions, e.g. "Take a deep breathe", "Relax your hands" 	<ul style="list-style-type: none"> □ Give your child space (move to another room/space if needed) □ Ensure your child's safety (remove obstacles, breakable objects) □ Divert your child's attention (use calming music, a favourite toy, calm down jar) 	<ul style="list-style-type: none"> □ Reasoning with your child – remember, your child is not in control □ Getting frustrated or worked up □ Using harsh words or shouting at your child



You can make a simple calm down jar which can be taken with you everywhere.



SECTION 3: What Awaits My Child After EIPIC?

Early intervention (EI) at the EIPIC centre is designed to maximise your child's development in a structured way. Your child will be supported by EIPIC until he or she reaches the school-going age of 7.

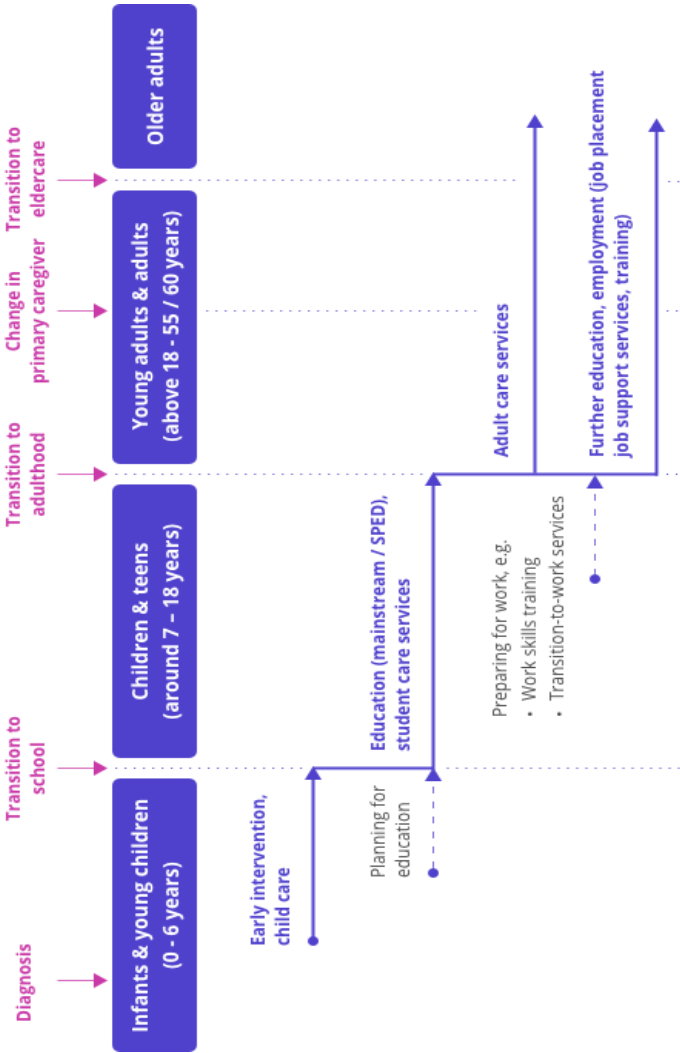
The EIPIC centre will keep you updated on the progress of your child, and may also provide you with their assessment. The appropriate planning for education can then be made, whether it be for mainstream primary or special education (SPED) school. You may wish to do this planning in consultation with your child's EIPIC teachers.

Upon graduation from EIPIC, your child may continue to be supported either by Special Education (SPED) schools, or by Allied Educators (AEDs) and teachers trained in special needs (TSN), in mainstream schools. You may wish to check directly with the school you intend to enroll your child in, for more details on how the school is able to support your child.

Information from Ministry of Education (MOE) on Primary School and SPED education can be accessed via the links listed on **page 14**.

The diagram on **page 12** illustrates the **Major Life Stages** your child will go through, as well as the support available at each stage.

Major Life Stages







Source: Enabling Guide, Life Stages and Transitions

SECTION 4: Useful Community Resources

There are many resources available for you in the community.






In this section, we highlight some informational websites, mobile applications, and sources of community support which you may find helpful.

Informational Websites




Organisation	Website
SG Enable Enabling Guide⁴ A first-stop resource for information and advice on schemes, services, supports and resources related to disability in Singapore.	https://www.enablingguide.sg/ 
KK Women's & Children's Hospital (KKH) Collection of useful information about children's development and milestones.	https://www.kkh.com.sg/HealthPediatrics/Pages/GrowingUpDevelopment.aspx 
Early Childhood Development Agency (ECDA) Grow @ Beanstalk The early childhood local portal for parents with access to helpful parenting articles and information	https://www.ecda.gov.sg/growatbeanstalk/Pages/Home.aspx 
Ministry of Social and Family Development (MSF) Baby Bonus A parenting resource portal, with information on schemes and benefits available for parents with young children, and parenting tips.	https://www.babybonus.msf.gov.sg/ 

⁴ Refer to **Annex A** for a more comprehensive list of topics covered in the Enabling Guide.


Informational Websites (Cont')

Organisation	Website
<p>Ministry of Education (MOE)</p> <p>Access more information on Primary School and Special Education (SPED).</p>	<p>Primary School Education: https://beta.moe.gov.sg/primary/p1-registration/</p>  <p>Special Education (SPED): https://www.moe.gov.sg/education/special-education</p> 
<p>Mendaki</p> <p>My Early Adventure</p> <p>Provides a service directory and parenting resources for families in both English and Malay.</p>	<p>https://www.mendaki.org.sg/publication-n-resources/my-early-adventure-0-6-years-repository</p> 
<p>Raising Children Network</p> <p>An Australian parenting website with practical, expert child health and parenting information and activities covering children aged 0-15 years.</p>	<p>http://raisingchildren.net.au/</p> 
<p>SPARK</p> <p>A non-profit organisation, SPARK provides parenting guides and resources, to support parents of children with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder (ADD/ADHD).</p>	<p>http://www.spark.org.sg/</p> 

Useful Mobile Applications

App	Agency
<p>Moments of Life</p> 	<p>Allows you to access useful services by Government agencies targeting families with children aged 6 and below, and seniors aged 60 and above.</p>
<p>CARElendar</p> 	<p>Provides you with a calendar of inclusive community events, and suggests suitable events for you and your family based on your caregiving needs and interests.</p>
<p>Healthhub</p> 	<p>A one-stop portal for you to access a wide range of health e-services, such as tracking your child's immunisation records and appointments, and making appointments to see a doctor.</p>

Support Helplines

Agency	Details	Website
<p>National Council of Social Services (NCSS)</p>	<p>NCSS publishes a list of useful helplines covering a variety of areas, ranging from contact details of CDCs and FSCs, to available counselling centres.</p>	<p>https://www.ncss.gov.sg/NCSS/media/NCSS-Documents-and-Forms/NCSS%20Internal%20Documents/LIST-OF-HELPLINES.pdf</p> 

Community Support: FSCs and SSOs

Family Service Centres (FSCs)

FSCs are social service providers based in the community for families in need.

They aim to promote and improve the social well-being of every individual in the family, at every stage of life. There is an FSC in every neighbourhood.

FSCs provide the following services:

- Casework & Counselling
- Information & Referral
- Community Support Programmes

Where can I find FSCs?

To determine which FSC is providing support to your neighbourhood, look up the FSC directory (<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>) or call the ComCare Helpline: **1800 222 0000**.

QR Code:



Social Service Office (SSO)

SSOs bring social assistance closer to residents in need. Those who require help can:

- Walk in to seek support
- Be assessed for financial aid and other forms of assistance
- Be referred to relevant agencies for help, depending on their circumstances (such as job matching and family services)

Where can I find SSOs?

To find your nearest SSO, you may use the SSO locator (<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>) or call the ComCare Helpline: **1800 222 0000**.

QR Code:



SECTION 5: Self-Care for Parents and Caregivers

Becoming a caregiver is both rewarding and challenging at the same time. The journey is not always easy, and can be exceptionally stressful at times.

There are many aspects to caregiving including understanding your children's condition, seeking supporting from other parents, and planning for your child's care.

More importantly, caregiving also involves extending care to yourself. The better you care for yourself, the better you can care for your child.


In terms of self-care, you could equip yourself via continuous learning, join a support group, participate in activities of your interest, get connected with the community. There are many options out there, catering to various needs.

Refer to **Annex A** for links to relevant resources on the **Enabling Guide**, a first-stop information portal for caregivers.

The table on **page 18** provides some simple tips on how you can **practise self-care**.



Here are some simple ways for you to practice self-care:

PHYSICAL	EMOTIONAL/ SOCIAL/ PSYCHOLOGICAL	ARTISTIC/ CREATIVE/ SPIRITUAL
<ul style="list-style-type: none"><input type="checkbox"/> Eat regularly, eat healthy<input type="checkbox"/> Exercise<input type="checkbox"/> Receive preventive medical care<input type="checkbox"/> Sleep enough<input type="checkbox"/> Take time away from the phone, email, TV, etc.<input type="checkbox"/> Spend time outdoors in fresh air and natural light	<ul style="list-style-type: none"><input type="checkbox"/> Spend time with friends and family<input type="checkbox"/> Stay in touch with others<input type="checkbox"/> Express emotions, allow yourself to cry<input type="checkbox"/> Find things that make you happy<input type="checkbox"/> Read for pleasure<input type="checkbox"/> Give attention to your marriage and other relationships<input type="checkbox"/> Say no to unreasonable extra responsibilities	<ul style="list-style-type: none"><input type="checkbox"/> Give yourself quiet time for self-reflection<input type="checkbox"/> Attend a local place of worship<input type="checkbox"/> Write in a journal<input type="checkbox"/> Spend time out in nature<input type="checkbox"/> Enjoy a hobby or learn something new <div data-bbox="812 715 980 746" style="text-align: center;">TAKE CARE</div> <div data-bbox="812 750 980 933" style="text-align: center;"></div> <div data-bbox="812 941 980 973" style="text-align: center;">OF YOURSELF</div>

SECTION 6: Future Planning

Apart from being actively involved in early intervention, planning for the future is important too. These are a few areas which you could begin thinking about, or even take action on:

Selecting the best education options for your child

As education is a key component in every child's life, it is important to start right, by choosing the right pre-school. You may speak with your chosen pre-school, to better understand how your child will be engaged during lessons and throughout the day.

It is also helpful to understand the available education pathways in Singapore, so that you can better plan for your child's future education needs. Refer to **page 14** for the relevant links to MOE's website. In considering which options are most suitable for your child, you may wish to consult the professionals working with your child, including teachers and therapists.

Getting your child ready for independent living

Apart from ensuring that your child gets the best education, it is also essential to impart skills which enables your child to eventually lead an independent life. This can range from simpler tasks such as buying food and basic housework, to tasks which requires higher levels of independence such as taking public transport or managing finances.

You may wish to check with your child's teachers and/or therapists, on how some simple goals can be embedded and adjusted in your child's daily routines, to gradually promote higher levels of independence.

Financial planning

Having sufficient savings is one way to ensure that your child is financially well taken care of. Special Needs Trust Co. (<https://www.sntc.org.sg/Pages/Home.aspx>⁵) is one avenue you can consider, to set up a trust or begin a savings scheme for your child. You may also wish to explore ensuring sufficient insurance coverage for your child.

Care Planning

There are two aspects of care planning: Planning for your child, and planning for your own care needs.






For your child, the Assisted Deputyship allows you to apply to court to continue making legal decisions for your child even after he/she turns 21. To facilitate this process, the **Assisted Deputyship Application Programme (ADAP)** is offered to graduating cohorts of SPED schools, as a simpler and more affordable way for parents to apply to Court to be appointed as deputies for their child.




For yourself, do take time to practise self-care, as it allows you to attend to your own needs as well. We have provided some self-care activities you can do on **page 18**.

⁵ QR Code for Special Needs Trust Co. website:



Enabling Guide: Links to relevant resources for new caregivers

Topic	Link
<p>Introduction to Caregiving Get an overview of what to expect when embarking on your caregiving journey</p>	<p>https://www.enablingguide.sg/caring-for-caregivers/new-to-caregiving</p> 
<p>Empowering Caregivers Find out more about equipping yourself with the right skills and self-care as a caregiver</p>	<p>https://www.enablingguide.sg/caring-for-caregivers/empowering-caregivers</p> 
<p>Life Stages & Transitions Learn about the different life stages and transitions your child will go through</p>	<p>https://www.enablingguide.sg/disability-info/life-stages-transitions</p> 
<p>Support Groups Join an informal caregivers support group which best meets your needs</p>	<p>https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups</p> 
<p>Leisure & Recreation Access suggestions that help you plan for family outings and getaways</p>	<p>https://www.enablingguide.sg/im-looking-for-disability-support/leisure-recreation</p> 

Topic	Link
<p>Financial Assistance Schemes Read up on the schemes, grants and funds available for you and your child</p>	<p>https://www.enablingguide.sg/im-looking-for-disability-support/money-matters</p> 
<p>Assistive Technology Discover the role of assistive technology in your child's learning and development</p>	<p>https://www.enablingguide.sg/im-looking-for-disability-support/assistive-technology</p> 
<p>Service Directory Locate service providers for a variety of services (e.g. child care, student care, art and music therapy etc.)</p>	<p>https://www.enablingguide.sg/service-directory</p> 
<p>Additional Reading Materials Retrieve brochures, toolkits, and articles related to specific conditions, life stages, and caregiving</p>	<p>https://www.enablingguide.sg/publications</p> 