



Body with Soul Monthly Newsletter (Childrens Edition)

Body with Soul is a new concept in total healthcare in Singapore. We have brought together an international team of talented and established healthcare professionals housed in heritage buildings in a gorgeous tropical setting. By achieving this, we are able to provide a comprehensive solution for the health and wellbeing of your whole family. We offer up-to-date, evidence based treatments and health programs. Together we will optimise your health for you to live your life to the full!

LATEST NEWS



Workshops

Variety of group workshops are available now!

[Find out more >>](#)



Healthy Lunchboxes

Back to school again!
Guide to healthy packed lunch for a balance diet & well-being

[Find out more >>](#)



Well Baby Checks

- Ask questions
- Discuss Problems
- Meet other mums

[Find out more >>](#)



First Aid Class

First Aid classes commencing at CHI in December

For more info, please contact enquiries@chi-health.com.sg

For more information please email us at: enquiries@bodywithsoul.com

Or call us at:
+65 6779 0660

OCTOBER

'Growing Up' can be a pain



"Its just growing pains, get on with it" was my school rugby coaches' reply, when I told him my right knee was painful.

The majority of the time, when a child or teenager complains of 'Growing pains', they are just that. There is usually no obvious cause, and they present as aches and pains in the muscles. The symptoms will disappear without any further intervention needed, although if they are distressed it can be helpful to do some gentle massage, heat treatment (such as hot baths)

[Find out more >>](#)

Teenage Communal Chaos: Can we do anything about it?

With school begin the stresses of work and social activity. While teens thrive on their peer connections, parents fret about lack of sleep, social distractions and underachievement. It is important to remember that adolescence is a period of intense growth that should culminate in a well-defined sense of self, in addition to skills and knowledge acquisition. Peer relationships facilitate this growth and parents can choose to exert a positive influence...

[Find out more >>](#)

Yoga for children

Why Yoga is good for children?

Yoga has long been hailed as one of India's most precious gifts to the world. In ancient India yoga lessons would begin in childhood, and there are many reasons for this.

It set the foundation for a lifetime of good habits in personal hygiene, self-care and discipline. To initiate children from a young age would strengthen them physically, emotionally, and mentally, which in turn would help them to face the challenges of life ahead.



[Learn more >>](#)

The Right Fit for school

Having trouble choosing a perfect pair?

For some, the new school year is upon us, while for others it is back to school from the mid year break. Every parent's nightmare is when the kids are shuffled out the door for the first day of school, only to find last term's shoes don't fit anymore, or the Singapore humidity has eaten a hole in the shoes over the summer break. To make the school shoe buying grind easier, here are a few tips to take along when looking for shoes...

[More details here >>](#)