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| Table S1. Breakdown of food groups |
| **Food group** | **List of food items**  |
| Fruits | Dried fruits, guava, dragonfruit, melon, tropical fruit, stone fruit, grapes and berries, orange, papaya, banana, apple and pears. |
| Vegetables | Mushroom, gourd, lentils, stalk vegetables, broccoli, pale and dark leafy vegetables, tomato, red and green peppers, corn, peas and beans, carrot, pumpkin. |
| Whole grains | Unpolished rice, unpolished rice porridge, oats, wholemeal bread/ |
| Deep fried food | Dimsum fried, eggs fried, oily fish and non-oily fish deep fried, pork and chicken deep fried, pan fried bread.  |
| Fast food | Fried potatoes, chicken/fish batter, pizza, burger. |
| Sugar-sweetened beverages (SSB) | Milo, Horlicks, regular and reduced sugar cultured drinks, sweetened drinks, low calorie drinks, soya milk, traditional drinks. |
| Sweet snacks | Ice cream, jellies, pudding, sweets, chocolate, fried doughy snacks, biscuits and cookies, puff pastries, butter and cream cakes, sponge and steamed cakes. |

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| Table S2. Breakdown of primary caregiver identity among childcare centre-going participants (n = 540) |
| **Childcare type** | **Primary caregiver identity** | **N (%)** | **Total N (%)** |
| FC | Childcare centre establishment/ childcare centre teachers | 272 (100.0) | 272 (50.4) |
| PCP | Mother | 185 (96.4) | 192 (35.5) |
| Father | 5 (2.6) |
| Both parents | 2 (1.0) |
| PCN | Grandparent | 39 (51.3) | 76 (14.1) |
| Domestic helper | 33 (43.4) |
| Others (Aunty) | 2 (2.6) |
| Both non-parents (grandparent and helper, n=1; childcare and grandparent, n=1) | 2 (2.6) |
| FC: Full-time centre-based Childcare; PCP: Partial centre-based Childcare – Parent; PCN: Partial centre-based Childcare – Non-parent. |

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| Table S3. Comparison of demographic characteristics between included and excluded eligible participants (n=1237) |
|  | **Included (n = 540)** | **Excluded (n = 697)** | **P-value** |
| Child characteristics |
| Sex |  |  | 0.893 |
| Male | 285 (52.8) | 368 (52.8) |  |
| Female | 255 (47.2) | 329 (47.2) |  |
| Birth order |  |  | 0.090 |
| First child | 233 (43.1) | 334 (47.9) |  |
| Second child and above | 307 (56.9) | 363 (52.1) |  |
| Age of childcare commencement (months) |  |  | 0.036 |
| Between 2 and 24 months  | 183 (33.9) | 198 (28.4) |  |
| Between 25 and 60 months  | 357 (66.1) | 499 (71.6) |  |
| Birth weight (kg) | 3.1 ± 0.4 | 3.0 ± 0.5 | 0.003 |
| Sum of skinfold thicknesses at birth (mm) | 10.4 ± 2.2 | 10.3 ± 2.4 | 0.488 |
| Maternal characteristics |
| Age at recruitment (years)  | 31.1 ± 5.2 | 30.0 ± 5.0 | <0.001 |
| Ethnicity |  |  | 0.219 |
| Chinese | 316 (58.5) | 375 (53.8) |  |
| Malay | 129 (23.9) | 193 (27.7) |  |
| Indian  | 95 (17.6) | 129 (18.5) |  |
| Highest education level |  |  | 0.144 |
| Secondary or lower | 155 (28.7) | 233 (33.4) |  |
| Post-Secondary | 192 (35.6) | 244 (35.0) |  |
| University or above | 193 (35.7) | 220 (31.6) |  |
| Employment |  |  | 0.441 |
| Employed | 374 (69.3) | 497 (71.3) |  |
| Unemployed | 166 (30.7) | 200 (28.7) |  |
| Household income |  |  | 0.482 |
| <$2000 | 81 (15.0) | 113 (16.2) |  |
| $2000-$5999 | 295 (54.6) | 392 (56.2) |  |
| >$6000 | 164 (30.4) | 192 (27.6) |  |
| Total physical activity at 6 years postpartum (min/day) |  |  | 0.369 |
| 0 | 187 (34.6) | 258 (37.0) |  |
| >0-149 | 211 (39.1) | 273 (39.2) |  |
| ≥ 150 | 142 (26.3) | 166 (23.8) |  |
| TV viewing time at 6 years postpartum (min/day) |  |  | 0.252 |
| <60 | 267 (49.4) | 333 (47.8) |  |
| 60-120 | 195 (36.1) | 243 (34.9) |  |
| >120 | 78 (14.5) | 121 (17.3) |  |
| Weight status at 6 years postpartum (BMI) |  |  | 0.350 |
| Underweight/normal (< 23 kg/m2) | 240 (44.4) | 295 (42.3) |  |
| Overweight/obese (≥23 kg/m2) | 300 (55.6) | 402 (57.7) |  |
| Values are expressed as n (%) or mean ± SD. Results were analysed using Pearson’s chi-square test and independent samples t-test. |

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| Table S4. Comparison of demographic characteristics between participant with and without childcare arrangement data (n=1237) |
|   | **With Data (n = 876)** | **Without Data (n = 361)** | **P-value** |
| Child characteristics |
| Sex |  |  | 0.746 |
| Male | 461 (52.6) | 191 (52.9) |  |
| Female | 415 (47.4) | 170 (47.1) |  |
| Birth order |  |  | 0.398 |
| First child | 394 (45.0) | 172 (47.6) |  |
| Second child and above | 482 (55.0) | 189 (52.4) |  |
| Age of childcare commencement (months) |  |  | <0.001 |
| Between 2 and 24 months  | 298 (34.0) | 85 (23.5) |  |
| Between 25 and 60 months  | 578 (66.0) | 276 (76.5) |  |
| Birth weight (kg) | 3.1 ± 0.4 | 3.0 ± 0.5 | 0.001 |
| Sum of skinfold thicknesses at birth (mm) | 10.4 ± 2.2 | 10.1 ± 2.5 | 0.027 |
| Maternal characteristics |
| Age at recruitment (years)  | 30.9 ± 5.1 | 29.6 ± 5.1 | <0.001 |
| Ethnicity |  |  | 0.283 |
| Chinese | 499 (56.9) | 192 (53.2) |  |
| Malay | 217 (24.8) | 105 (29.1) |  |
| Indian  | 160 (18.3) | 64 (17.7) |  |
| Highest education level |  |  | 0.013 |
| Secondary or lower | 259 (29.6) | 128 (35.5) |  |
| Post-Secondary | 303 (34.6) | 134 (37.1) |  |
| University or above | 314 (35.8) | 99 (27.4) |  |
| Employment |  |  | 0.631 |
| Employed | 620 (70.8) | 250 (69.3) |  |
| Unemployed | 256 (29.2) | 111 (30.7) |  |
| Household income |  |  | 0.228 |
| <$2000 | 133 (15.2) | 62 (17.2) |  |
| $2000-$5999 | 479 (54.7) | 207 (57.3) |  |
| >$6000 | 264 (30.1) | 92 (25.5) |  |
| Total physical activity at 6 years postpartum (min/day) |  |  | 0.178 |
| 0 | 311 (35.5) | 135 (37.4) |  |
| >0-149 | 348 (39.7) | 135 (37.4) |  |
| ≥ 150 | 217 (24.8) | 91 (25.2) |  |
| TV viewing time at 6 years postpartum (min/day) |  |  | 0.111 |
| <60 | 429 (49.0) | 171 (47.4) |  |
| 60-120 | 311 (35.5) | 127 (35.2) |  |
| >120 | 136 (15.5) | 63 (17.4) |  |
| Weight status at 6 years postpartum (BMI) |  |  | 0.318 |
| Underweight/normal (< 23 kg/m2) | 381 (43.5) | 154 (42.7) |  |
| Overweight/obese (≥23 kg/m2) | 495 (56.5) | 207 (57.3) |   |
| Values are expressed as n (%) or mean ± SD. Results were analysed using Pearson’s chi-square test and independent samples t-test. |