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# Positive Parenting

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## Good Nutrition for Growth

Vitamin D and Your Child

What's Up Influenza?

Parenting and Gadgets:  
The Pros and Cons

Having a Child After 40

Volume 1 • 2015  
Family Wellness

Volume 2 • 2015  
Nutrition & Healthy Living

Volume 3 • 2015  
Child Health

Volume 4 • 2015  
Child Development



**Datuk Dr Zulkifli Ismail**  
Chairman, Positive Parenting Management Committee and Consultant Paediatrician & Paediatric Cardiologist



# Positive Parenting

expert collaborators & management committee



Malaysian Paediatric Association

“Parental awareness and education is vital in raising healthy children.”



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**Selina Ding Wai Eng**  
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“A quality preschool education prepares children for formal schooling and lifelong learning.”

# Eat Well, Grow Well

*Poor nutrition in the first 1000 days of children's lives can have irreversible consequences. For millions of children around the world, it means they are, forever, stunted. Without proper nutrition, our children may also be at risk of acquiring numerous other non-communicable diseases, become more prone to infections and are more susceptible to suffer from life-long chronic illnesses. It is the responsibility of parents to provide the proper nutrition required for their children in order for them to fully develop their potential.*

*With that in mind, this issue looks to focus on empowering parents with the nutritional knowledge required to make sure their children get the best out of the foods they eat. The three-part feature for example, will guide parents into what the key nutrients are, their functions and where to get them. On top of that, we'll help parents understand, step-by-step, how to measure their child's physical growth – an important tool for parents when assessing their child's progress. Similarly, we will be exploring the nutritional goodness of milk and vitamin D and the benefits it provides for the growing child.*

*You'll also find many other interesting articles touching on some very important child health issues. For example, we'll be exploring preterm birth and influenza; how it affects your child and what you can do about it. Also, don't miss out as we discuss the delicate issue of pregnancy in teens and women over forty. You can expect these and many other intriguing topics like using electronic gadgets as a parenting tool and how to safely feed your child solids.*

*Therefore, we sincerely hope that you will enjoy reading through this issue and benefit from all our expert-driven articles. We appreciate your readership and support very much and we hope you will continue to join us as we make an effort to become better, more positive parents for our children.*



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# Good Nutrition for Growth

*Give your child the best possible intake of nutrients to allow for healthy growth*



**Prof Norimah A Karim**  
Nutritionist & Honorary Secretary of Nutrition Society of Malaysia



A child's overall growth and development is, among other things, largely dependent upon nutrition. An optimum and balanced amount of various nutrients ensures your child grows normally and healthily. Similarly, it provides:

1. **Protection** for your child against various illnesses, diseases and infections by strengthening the body and immune system.
2. **Energy** required to keep up with a child's rapid development both physically and mentally.
3. **Good physical and mental development** such as better memory, good vision and improved attentiveness in school.

No single food alone can meet your child's entire nutritional needs. The child's body performs various functions (i.e. digestion, cognitive function, muscle contraction, bone hardening) and growth is rather rapid during this period. Hence, different nutrients are needed to fulfil these different needs.

## Nutrient Intake For Children

Calories consumed daily should come from a variety of sources so that the child gets the required and appropriate amount of nutrients his/her body needs to grow. Some of the key nutrients, their functions and sources include:

Nutrient	Function	Rich Sources
<b>Calcium</b>	Builds strong bones and teeth, promotes healthy nerve and muscle function, helps blood clot, and helps with keeping a normal heartbeat.	Milk, yoghurt, cheese and dairy products, canned sardines, anchovies, tofu and tempeh, spinach, kailan and broccoli
<b>Iron</b>	Important for making haemoglobin, the oxygen-carrying red pigment in blood, and myoglobin, a pigment that stores oxygen in muscles.	Lean beef, meat, chicken, egg, fish, liver, green leafy vegetables such as spinach, kangkung, kailan
<b>Magnesium</b>	Keeps bones strong and the heart rhythm steady, supports the immune system, and helps maintain muscle and nerve function.	Seaweed, beans, nuts and seeds (almonds, sunflower and sesame seeds), as well as avocados
<b>Zinc</b>	Needed by enzymes that aid digestion and metabolism, and essential for growth.	Meat (beef, pork), poultry, fish and shellfish. Nuts, seeds, legumes and whole grain cereals (especially bran and germ)
<b>Vitamin A</b>	Plays an important role in vision and bone growth; helps protect the body from infections; promotes the health and growth of cells and tissues in the body, including the hair, nails, and skin.	Liver, eggs, papaya, mangoes, carrots, sweet potatoes, pumpkin, green leafy vegetables such as spinach, kangkung, kailan

Nutrient	Function	Rich Sources
<b>Vitamin D</b>	Helps the body absorb minerals like calcium and builds strong teeth and bones. Essential for reaching growth potential and peak bone mass.	Fish liver oils, fortified cow milk, canned sardines, chicken liver and egg yolk
<b>Vitamin E</b>	Limits the production of free radicals, which can damage cells. Important for immunity, DNA repair, and other metabolic processes.	Palm oil, rice bran oil, and the bran and germ portions of cereals such as oat, barley and rice
<b>Iodine</b>	Used by the thyroid gland to help regulate metabolism and development of both the skeleton and brain.	Seaweeds, marine fishes and shellfish
<b>Riboflavin (Vitamin B2)</b>	Needed for energy metabolism, building tissue, and helps maintain good vision.	Milk, liver, chick peas, lentils, eggs, and beef
<b>Niacin (Vitamin B3)</b>	Essential for converting food to energy. It supports the function of the digestive system, skin and nerves, and improves circulation.	Beef, liver, pork, fish, anchovies, nuts, whole grains and whole-meal wheat flour

For infants, breastmilk provides all the necessary nutrients they require. It is recommended that infants are exclusively breastfed until they are 6 months old. Continued breastfeeding until 2 years and coupled with complementary feeding is also highly encouraged.

### The B.M.V Approach

The fundamental of good nutrition is to be **balanced** in the type of foods you choose for your kids, have them eat **moderate** portions at every meal and provide them with a **variety** of foods with different textures, colours and tastes.

What should I give and how much?

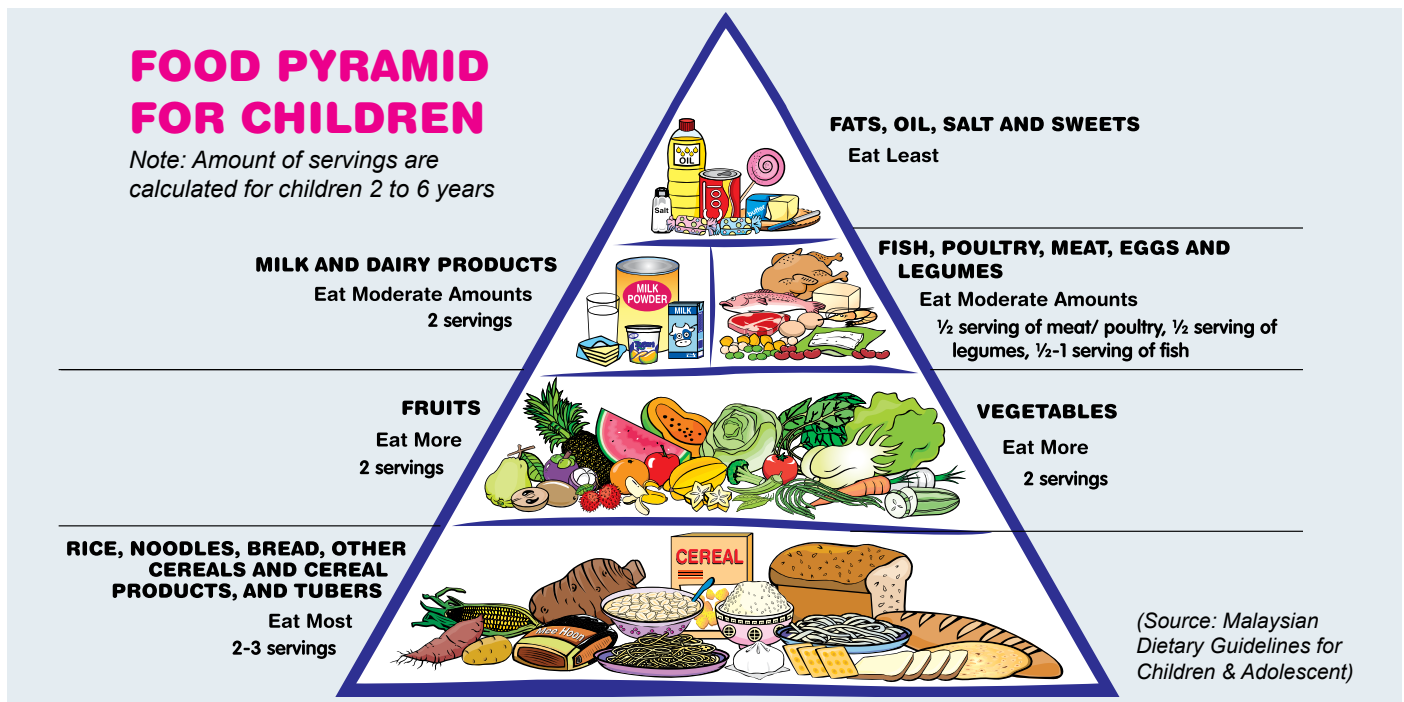
Following the approach, eating various types of foods at every meal ensures your child gets all the various nutrients he/she needs. The Food Pyramid for Children (2-6 years) can help you prepare balanced meals for your child. Remember to keep portion sizes moderate.

### Practice Healthy Eating Habits As A Family

When the whole family is willing to be on board towards good eating habits and a healthy diet, the practice becomes a routine everyone eventually gets used to. Additionally, you should try:

- To reduce use of fats, salt and sugar when cooking
- Read nutrition labels before buying your foods
- Use healthier cooking methods (e.g. stewing, boiling, roasting)
- Eat together as a family during main meals to promote bonding
- Not skipping meals.

Make sure you involve your child in these practices. Let him/her know why the family is making these choices. The more informed your children are the better they are at making the right choices in the food they eat. **PP**





# Effects of Malnutrition on Growth



*What happens when a child doesn't get the proper amount of nutrition he/she needs?*

When a child is not getting enough nutrition or is getting too much, he/she is described as being malnourished. Malnutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections, and contributes to delayed recovery.

Many people confuse malnutrition as meaning 'undernourished' or not 'getting enough to eat'. This is not true, since someone who has enough or too much to eat may also be malnourished or 'overnourished'.



## Aspects of malnutrition may include:

### Underweight

- prevalence of underweight children in Malaysia is 13.2%, it is one of the leading global risk for disease and is a risk factor for childhood mortality due to diarrhoeal disease, measles, malaria and pneumonia.

### Overweight

- prevalence of overweight in Malaysian children is 8%, it is the leading global risk for mortality and it is responsible for raising the risk of chronic diseases such as heart disease, diabetes and cancer.

### Stunting

- Prevalence of stunting among Malaysian children in 2006 was 15.8%. Poor nutrition in the first 1,000 days of a child's life has been known to lead to stunted growth, which is irreversible and associated with impaired cognitive ability and reduced school and work performance.

### Wasting

- Acute malnutrition, or wasting, develops as a result of a failure to gain weight. Wasted children weigh far less than is appropriate for their height. Wasting can lead to diseases such as tuberculosis, Lou Gehrig's disease, and multiple sclerosis.

### Micronutrient deficiency

- Also termed 'hidden hunger', is caused by a lack of essential vitamins and minerals (e.g. vitamin A, zinc, iron, magnesium) in the diet. It can lead to illness, blindness, premature death, reduced productivity, and impaired mental development.

### Symptoms of malnutrition in children can include:

- failure to grow normally, both in terms of weight and height.
- changes in behaviour such as appearing unusually irritable, sluggish or anxious
- changes in hair and skin colour
- taking a long time to recover from infections or wounds
- poor concentration
- persistent diarrhoea
- depression



Your child's weight and physical development can indicate whether he/she is malnourished. Therefore, they should be regularly assessed by a doctor in their first few years of life. Afterwards, you can monitor their growth yourself by measuring the body mass index (BMI) against a growth chart (see article Monitoring your Child's Physical Growth).

Because nutrition has a lot to do with your child's health and overall growth and development, your duty must be to provide it in adequacy. Providing a balanced variety of foods from different food groups at every meal is the best way to make sure a healthy mixture of nutrients enters your child. **PP**

# Is Your Child Growing Right?

The simplest and most effective way to find out whether your child is eating well and receiving optimal nutrition is to monitor his weight and height regularly. With these measurements, you can then calculate his Body Mass Index (BMI) and compare it with a growth standard by the World Health Organisation.

Knowing his BMI-for-age will enable you to determine whether your child is growing at an appropriate pace, or detect if he/she is underweight or overweight. It can also provide parents with reassurance about normality and help parents make better dietary and lifestyle decisions for their child.

Never determine if your child is growing right by comparing him with other children as they all grow at different rates into different heights and sizes.

## Evaluating Growth

It's recommended that you record your child's Body Mass Index (BMI) and compare it against a growth standard at least every 6 months or so. Measuring your child's physical growth is easy and it takes less than 10 minutes to do. Here's how:

### Part I: Calculating BMI

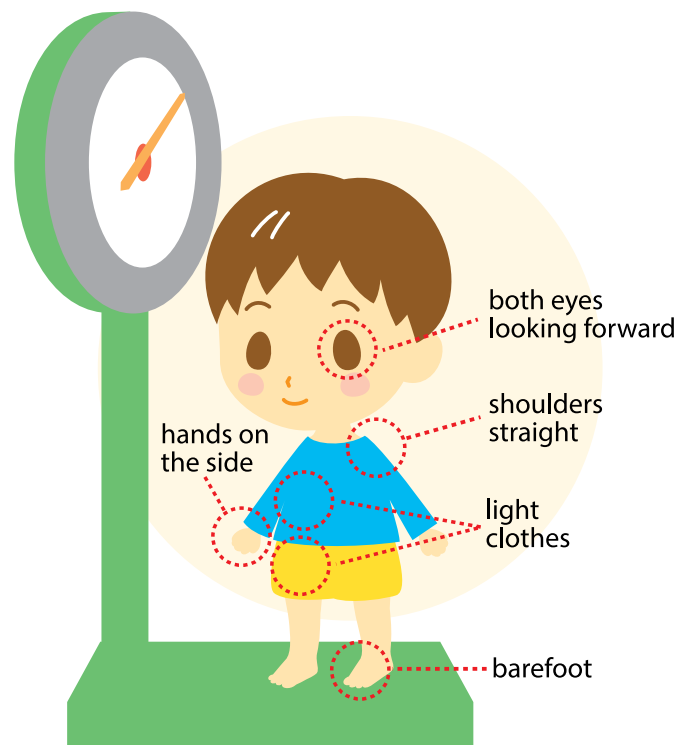
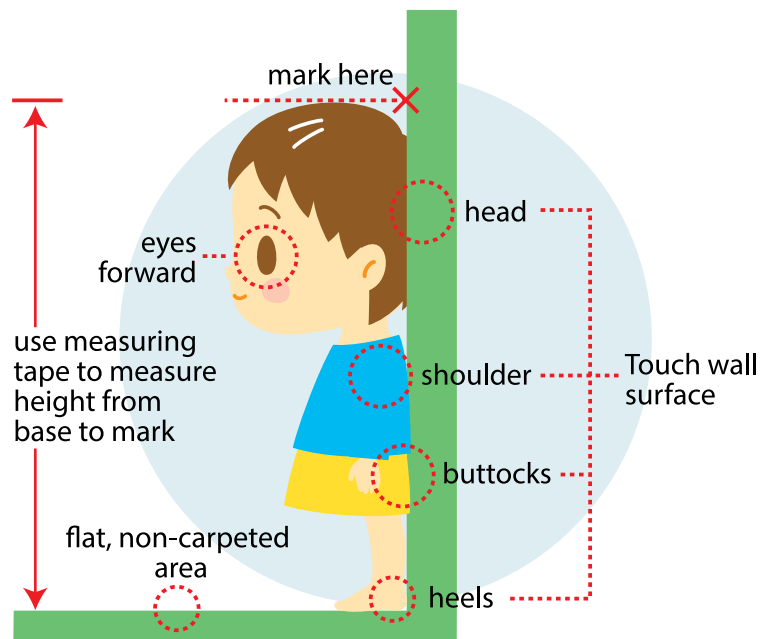
**Step 1: Measure Weight**

**Step 2: Measure Height**

**Step 3: Calculate BMI**

Many websites and mobile apps today provide child BMI calculators, you can use these but remember to use the ones from reputable sources (i.e. Nutriweb, WHO). Similarly, you can do this manually using this formula:

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in meters}) \times (\text{height in meters})}$$



Part II: Interpreting BMI

Find your child's **BMI on the vertical axis** and your **child's age on the horizontal axis** of the chart.

Mark the point in which these two values meet. The growth chart is gender and age specific, so be sure you use the correct one for your child.

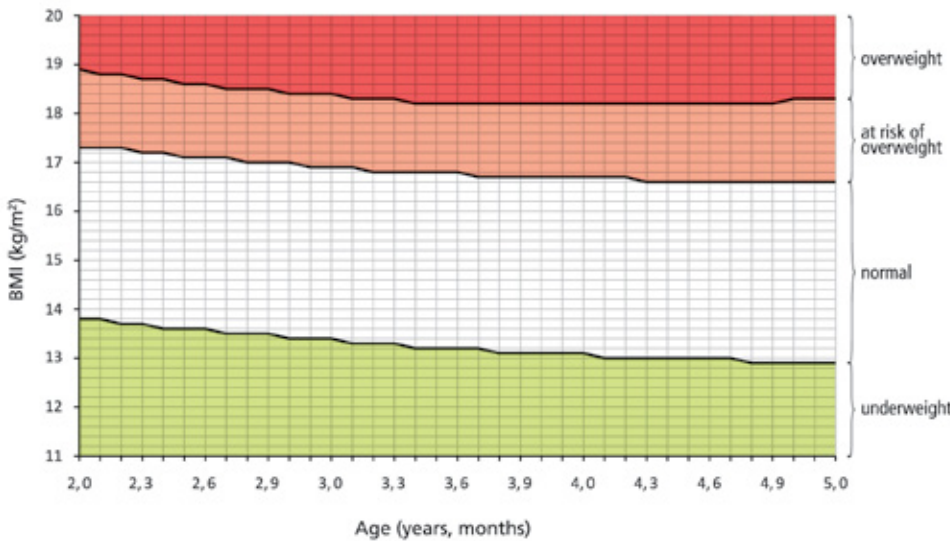
**Why BMI?**

BMI-for-age in childhood is a determinant of adulthood BMI and correlates with clinical risk factors of chronic diseases (i.e. cardiovascular diseases) later as adults  
(Source: WHO)



**GROWTH REFERENCE CHART FOR CHILDREN 2 – 5 YEARS OLD**

**BMI-for-Age (BOYS)**



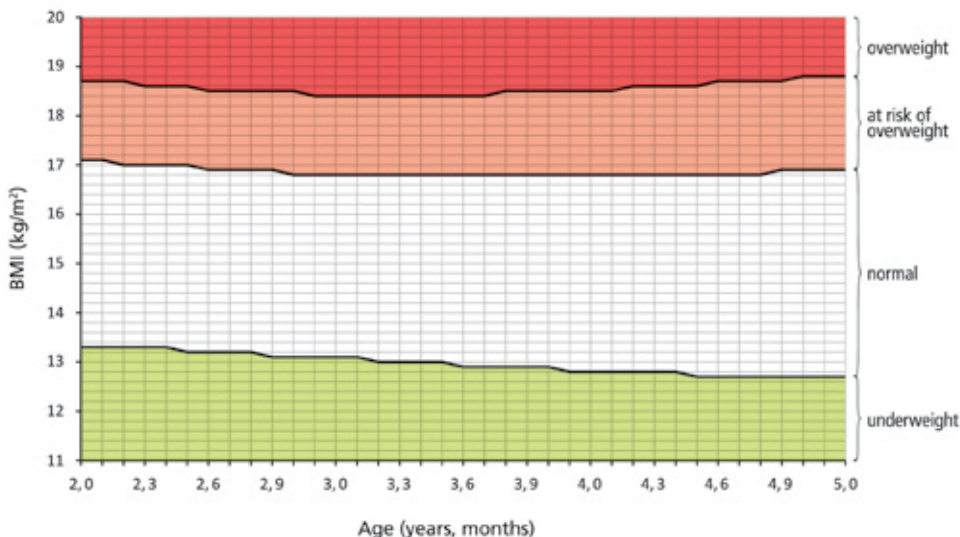
Every growth reference chart has different region which tells you what category your child's BMI is:

- If his BMI is in the red region, he is "overweight."
- If his BMI is in the pink region, he is "at risk of overweight."
- If his BMI is in the white region, he is "normal weight."
- A BMI in the yellow region indicate he is "underweight."



**GROWTH REFERENCE CHART FOR CHILDREN 2 – 5 YEARS OLD**

**BMI-for-Age (GIRLS)**



**WHAT TO DO?**

For optimal growth and development, provide your child with a balance of various nutrients from different food groups. Similarly, you should also encourage regular physical activity and practice good eating habits (refer previous article "Good Nutrition for Growth").

The growth charts are useful in monitoring growth of your child, but it isn't necessarily a diagnostic tool. If your child is repeatedly not in the "normal weight" region after a few measurements, consult a paediatrician. **PP**



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# Nutrition & Healthy Living

- Nutri Tips and Insights
- Breastfeeding
- Complementary Feeding
- Healthy Recipes



## Vitamin D and Your Child

By Prof Poh Bee Koon, Nutritionist

A recent nutrition survey held in Malaysia unveiled some unexpected results - almost half the children (47.5%) surveyed had vitamin D insufficiency. The Nutrition Survey of Malaysian Children is part of the South East Asian Nutrition Surveys (SEANUTS), which is a multicentre study that was conducted in four countries, namely Indonesia, Malaysia, Thailand and Vietnam. SEANUTS was carried out to comprehensively assess the nutritional status of children between the ages of six months and 12 years.

This situation where close to half of Malaysian children has insufficient vitamin D is very worrying. This is because vitamin D has several critical roles to play in the healthy growth and development of your child. The largest role that is attributed to this vitamin is how it regulates the body's calcium and phosphate levels (both are important for healthy bones and teeth). Children with insufficient vitamin D face the risk of developing bone deformities such as rickets, while adults run the risk of osteomalacia (characterised by bone pain and tenderness).

Vitamin D also plays a role in regulating the body's immune and neuromuscular system. Research has shown that vitamin D boosts your body's immune system with better resistance to chronic diseases and improved immune response. Conversely, recent studies have

shown that vitamin D deficiency is linked to an increased susceptibility to infection and a general vulnerability to autoimmune diseases such as multiple sclerosis (MS), rheumatoid arthritis (RA), diabetes mellitus (DM), and systemic lupus erythematosus (SLE).

There are several factors that influence how much of a nutrient is used, stored, or excreted, namely:

- **Nutrient components of food**, chemical form of the nutrient.
- **Gender, age, nutrient status and life stage** (e.g. pregnancy).
- **Macronutrients** – carbohydrates, proteins, fats (high ingestion rate of > 90%).
- **Micronutrients** – vitamins and minerals (varies widely in how much is absorbed and utilised).
- **Excess intake of one mineral** can influence the absorption and metabolism of other minerals.

## Sources of Vitamin D

So where can you get this essential vitamin from? For starters, your body can make vitamin D by itself! This happens when your skin is exposed to enough sunlight, but only if no sunscreen is used. Normally, around 30 minutes of sun exposure to the face and arms will provide you with your body's daily vitamin D requirement.

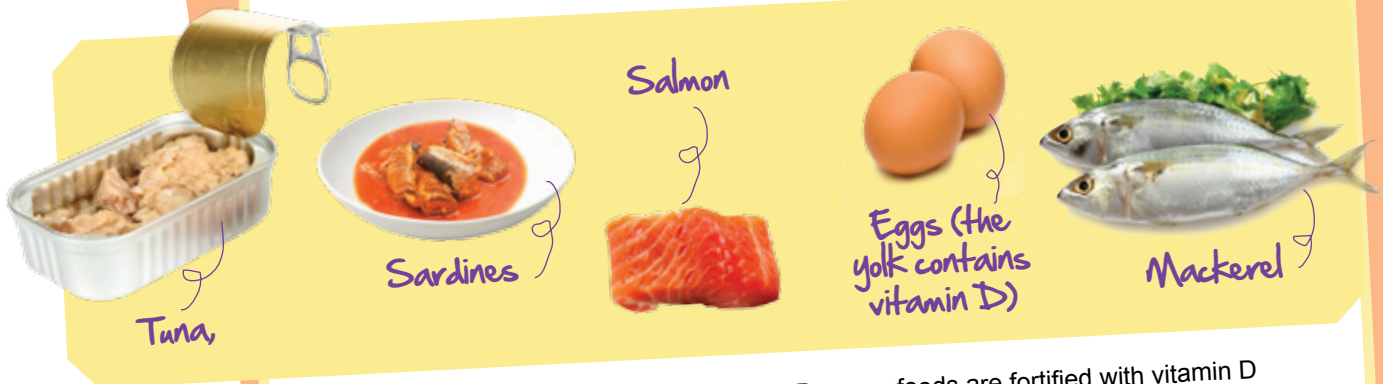
However, only exposure to UVB light at specific wavelength of 290–320 nanometres will work. The amount of vitamin D that is synthesised is also highly dependent on factors such as:

- how much skin is exposed to the sun.
- skin colour (i.e. lighter skin requires less sun exposure compared to darker skin, which requires more sun exposure).
- type of sun exposure (i.e. if the sun is completely covered by clouds, the UVB received can be reduced by as much as half, while staying in any kind of shade reduces the received UVB by as much as 60%).



Take note that the UVB light your skin needs to produce vitamin D does not penetrate glass – staying exposed to sunshine through a window while in a car/indoors will not work.

Unfortunately, the other health risks of exposure to UV rays means that not only is this not a viable solution, many of us do not get enough sun exposure to synthesise sufficient amounts of vitamin D. Therefore, consumption of food with high amount of vitamin D is important. Natural food sources of vitamin D include:



Other than these natural sources of vitamin D, many foods are fortified with vitamin D nowadays, such as cereals, breads, margarine, and drinks such as milk and orange juice.

## A 'Quick-Fix' Not Always the Right Answer

Another option for getting sufficient vitamin D is from supplements. However, please check with your doctor before doing so as too much vitamin D can cause various health problems. Also called 'vitamin D toxicity', this condition has been linked with anorexia, weight loss, polyuria, and heart arrhythmias. In more severe cases, it can cause elevated levels of calcium in your blood – this can cause vascular/tissue calcification, which can damage your cardiovascular system and kidneys.

## User Beware!

Another factor that needs to be considered is the possibility of interaction between vitamin D supplements and any medications your child may be taking. Certain corticosteroid medications (e.g. prednisone, prescribed to reduce inflammation) may cause reduced calcium absorption and lower his body's metabolism of vitamin D.

The best option is still to ensure that your child gets his vitamin D from sufficient sun exposure (a good method is to play outdoor sports/games). If he is unable to get enough sun exposure, ensure that he eats nutritious foods in adequate amounts. It is far better to eat more foods that are rich in vitamin D in order to ensure that your body gets enough of it, rather than rely on supplements. **PP**

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Nutrition Society of Malaysia



# Milk for Your Growing Child



By **Dr Tee E Siong**, Nutritionist & President of the Nutrition Society of Malaysia

From a nutritional standpoint, adequate nutrition is critical to child health and development. It is well recognised that the period from birth to two years of age is a “critical window” for the promotion of optimal growth, health and behavioural development. As we all know, breast milk is the most natural and nutrient-dense milk source that your baby will need for nourishment in his early stages of life. The Malaysian Dietary Guideline recommends that you practise exclusive breastfeeding for the first six months of your baby’s life, and to continue until he is two years old.

## Growing needs

As your child grows, he will eventually be weaned off breast milk. He is encouraged to consume a balanced, varied diet and in adequate amounts. The Malaysian Dietary Guidelines for Children and Adolescents recommended that milk and milk products should be consumed every day as part of the daily diet. Milk and milk products are rich sources of essential nutrients such as protein, and several minerals (e.g. calcium, zinc, magnesium and potassium), several vitamins (e.g. vitamins A, B2, B3, B12 and D). These foods can therefore provide critical nutrients that are needed for the growth and development of children.

A trip to your nearest convenience store or supermarket will reveal that there are many different types of milk available. So how can you differentiate between each type? One of the first things to bear in mind is that your growing child’s nutritional requirements changes as he grows. You can see what nutrients each type of milk will provide him by reading the nutrition information panel on the label of the milk products in question.



## Types of milk

Understanding the various types of milk available can help you make the appropriate choice:

### Fresh milk

this is milk directly sourced from cows, goat or sheep. Before consumption, it is best to boil the milk. Fresh milk contains about 3% of milk fat

### Pasteurised milk

this is actually fresh milk that has been subjected to heat treatment. The “fresh milk” that you see on supermarket shelves are actually pasteurised milk. This type of milk should be kept in the refrigerator and consumed within a few weeks

### UHT milk

this is also heat-treated milk, but the temperature used is very high and the treatment is only for a few seconds. If unopened, this type of milk can be kept at room temperature for a much longer time than pasteurised milk. The nutrient content is similar to that of pasteurised milk

### Flavoured milk

this is pasteurised milk or UHT milk to which a flavouring substance is added, e.g. chocolate flavour. Flavoured milk usually contains more sugar than non-flavoured milk

### Check the facts about goat’s milk

You might have come across some suggestions to use goat’s milk instead of cow’s milk. You should check the facts before you make this switch. You should be aware that unmodified goat’s milk is not suitable for infants because of its high protein/minerals contents and low folate content. In addition, goat’s milk has no clear nutritional advantage over cow’s milk and is not less allergenic to infants who are lactose intolerant. If you are unsure about the milk you are currently feeding your child or if you plan to switch to goat’s milk, please consult your child’s paediatrician.

## Full cream milk powder

this is milk that has its water removed and converted into powder form. Using the correct amount of this powder in water, a milk drink of similar nutritional value to fresh milk or pasteurised milk can be prepared

## Low fat milk

milk which has some of its fat removed so that it contains no more than 1.5% of milk fat

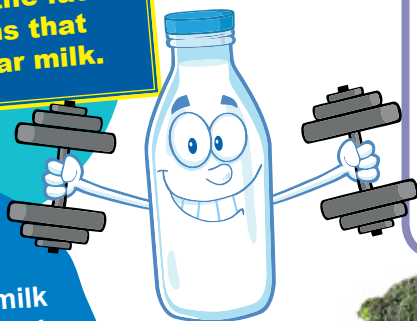
## Skimmed milk

milk which has almost all of its fat removed so that it contains no more than 0.5% milk fat. It is also known as non-fat milk

Except for low-fat and skimmed milk, the various types of milk above can be given to children. Low-fat and skimmed milk may be used by adults who are overweight and wish to reduce fat intake. These types of milk should not be given to young children as they need the fat and fat-soluble vitamins that are contained in regular milk.

## Did you know?

Sweetened condensed milk and sweetened condensed filled milk are not considered as milk as they have a low nutritional value and high in sugar. You should discourage your child from taking them.



## Other dairy products

It is important to note that consumption of other dairy products such as cheese, cultured milk and yoghurt can also provide your child with the necessary nutrients his body needs.

## Common misconceptions

There are several 'myths' about milk that you as parents need to be aware of:

### Myth

*Children with lactose intolerance should avoid milk/milk products completely.*

**In reality:** Often, small amounts of milk/milk products can be tolerated by children with lactose intolerance. In fact, lactose-free milk products are even available nowadays. In order to minimise any discomfort, consume milk/milk products during a meal, take them in small quantities, or choose fermented milk products such as yoghurt or cheese.



### Myth

*Cow's milk is the only source of calcium*

**In reality:** There are many other calcium-rich foods such as small fish eaten with bones (e.g. ikan bilis and sardine), green leafy greens (e.g. spinach, broccoli, kai-lan), legumes (e.g. soya beans, chickpeas).

### Myth

*Milk contains cholesterol and should not be given to children.*

**In reality:** While eating healthily is the goal you should aim for your child (especially if he is below 2 years old), he has different nutritional needs compared to those of an adult's which would typically focus on cutting total fat, saturated fat, trans fat, and cholesterol. The fat in whole milk is an essential nutrient that will provide him with the energy, or calories, which he needs for growth, thus it should not be severely restricted. **PP**

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# 1 in 2 children are described by their parents as 'picky eater', is your kid a **PICKY EATER?**

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# Complementary Feeding 101

## - Safety and Hygiene

By **Prof Norimah A Karim**, Nutritionist & Honorary Secretary of the Nutrition Society of Malaysia

*Complementary feeding can be an exciting time during parenthood, but it is also a period that can cause your little one stomach discomfort, diarrhoea, or other potentially deadly infections such as *Escherichia coli*. This usually happens if complementary foods have been contaminated, which can occur if you do not observe good preparation and storage practices to minimise contamination risks.*

### **Did you know?**

Avoid storing your child's food in a large container in the refrigerator/freezer. Doing so means that you will need to thaw or reheat the entire container, which greatly increases the risk of the food going bad. After all, bacteria multiply rapidly in our weather, and refrigerating or freezing foods only slows the process down.



## How you can maintain food safety

### A) Prevent contamination of complementary foods

This minimises the risk of diarrhoeal disease. While it is generally best to prepare and serve each individual complementary meal, most parents nowadays do not have the luxury to do this. You may prepare larger quantities of complementary food to be served as and when your little one needs it, but in order to prevent any possible contamination, there are two important items to focus on, namely:

- 1) Safe preparation methods** – maintain hygienic preparation habits by observing the following:
  - Do not mix raw foods with cooked foods.
  - Do not use utensils that were used to prepare raw foods with cooked foods until they have been properly washed.
  - Use fresh ingredients where possible, but always check to ensure that they are not spoilt
  - For canned or any other type of pre-packaged foods, always check the date of expiry to ensure that you do not buy and/or use them after this date as the food may be spoilt.
  - Thaw frozen foods (raw or cooked) correctly – never leave it at room temperature as this will increase the possibility for bacteria to multiply. Use all the food that has been thawed. Re-freezing it will only increase the possibility of contamination. There are essentially three safe methods when thawing frozen foods:
    - leave the frozen food in the refrigerator
    - soak the frozen food in cold tap water
    - use the 'defrost' setting on a microwave (roughly 50% power).
- 2) Safe storage practices** – here are some good habits you should follow:
  - Always serve the food as soon as it has been prepared. If any food has been left out at room

temperature for more than two hours, do not feed it to your child as it may be contaminated.

- Always use small, clean containers to keep extra portions. This way, you can easily retrieve his next meal/portion without having to thaw/reheat extra food.
- Portions that will be used within a week may be refrigerated, or it can be frozen to keep for a month. Label each container with the date that it was refrigerated or frozen so that you can easily keep track.

### B) Keep your kitchen clean

Prepare food in a clean area, using clean utensils (e.g. cups, bowls, plates, spoons, chopping board, etc.) that have been properly washed with soap and water.

### C) Always use boiled water when preparing the food

Using water straight from the tap is risky (especially if you do not boil it first or are not using it to cook) as it may be contaminated.

### D) Discard leftover foods

If your little one cannot finish his portion, do not keep it for his next meal as it may spoil by then.

### E) Feed appropriate complementary foods

Never feed him any foods that are hard, small and round. Other types of foods that you should avoid feeding him are those that are smooth and sticky. Any of these foods can cause aspiration or choking to occur. Some examples are candies or sweets, chewing gum, popcorn, marshmallows, any kind of nuts, seeds, fish with bones, and any type of snacks that are on toothpicks or skewers. Don't forget, small fruits like grapes, seeds, and nuts. Never leave your toddler unattended during meal times. This way, you will be able to always keep an eye on him.

## How you can maintain good hygiene

- a) Clean your refrigerator regularly** – ensure that it is clean and that there are no spoilt or rotten foods inside.
- b) Wash your hands with soap and water** – always make it a habit to wash your hands before preparing your child's food/drink and before you start cooking. Equally important is the habit of washing hands after using the toilet, changing his diapers, or cleaning his bottom.

### This can be done in five easy steps:



1) Wet your hands



2) Lather your hands with soap



3) Scrub your fingers, fingernails, palms and the area between your fingers



4) Rinse off the soap with enough water



5) Dry your hands

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# Milk-Based Recipes

Milk and dairy products can be incorporated into your family's meal in several ways! It can be consumed on its own or prepared with other ingredients making it an ideal snack for your family. Here are two simple yet healthy recipes using milk and dairy products you can try to prepare:



## Crunchy Fruity Layer

(Serves 2)

### Ingredients

- 300 g (3 slices) honey dew, cubed
- 150 ml ( $\frac{2}{3}$  cup) low fat yoghurt
- 75 g (1 cup) oat cereal, toasted in oven till crispy
- 15 ml (1 tbsp) strawberry jam
- 15 ml (1 tbsp) watermelon juice

### Method

1. Divide the chopped fruits between two tall glasses, reserving a few pieces for decoration.
2. Sprinkle the oat cereal over the fruit in an even layer, and then top with the low-fat yoghurt.
3. Stir the jam and the fruit juice together in a jug, then drizzle the mixture over the yoghurt.
4. Decorate with balance of honey dew pieces and serve chilled.

Nutrient Content Per Serving	Calorie 268 kcal	Carbohydrate 53.1 g	Protein 8.3 g	Fat 2.5 g
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## Banana "O" Milkshake

(Serves 3)

### Ingredients

- 250 g (1 cup) low fat milk
- 200 g (2 medium sized) ripe bananas, sliced to  $\frac{1}{4}$  inch thick
- 125 ml ( $\frac{1}{2}$  cup) orange juice, freshly squeezed
- 150 g (1 cup) yoghurt
- Brown sugar to taste

### Method

1. Combine all ingredients in a blender.
2. Cover and blend for 45 to 60 seconds until smooth.
3. Pour into glasses and serve chilled.



Nutrient Content Per Serving	Calorie 164 kcal	Carbohydrate 28.7 g	Protein 7.0 g	Fat 2.4 g
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Recipes courtesy of 'Buku Masakan Pilihan Pakar Pemakanan, Jilid 2: Resipi untuk Seisi Keluarga' by Nutrition Society of Malaysia. To purchase this recipe book which includes 100 recipes, please email: [president@nutriweb.org.my](mailto:president@nutriweb.org.my)

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# Smart in More Than Understanding Multiple Intelligence

Intelligence tests have become *de rigueur* these days. They are one of the most widely used inventions from the field of psychology and feature in diverse arenas- from scholarship applications and university entrance exams to army recruitment exercises.

Because IQ scores are a measure of intelligence, they are often viewed as a predictor of success in life. A high IQ is helpful as it has been shown to correlate with school success for children. However, it fails to predict how they will fare later in the real world. By itself, a high IQ does not guarantee that your child will stand out and rise above everyone else. So, is traditional IQ all it takes to succeed in life?

**Bill Gates' is rumoured to be 180, Nicole Kidman's 132 and John Kennedy's 119. With such IQ scores, Bill Gates is considered a genius, Nicole Kidman categorised as gifted, and John Kennedy regarded as having superior intelligence.**

This intelligence is reflected by the expertise of the athlete, dancer or actor (controlling body movement) as well as the sculptor, surgeon or dentist (handle objects skillfully). In children, a wide spectrum of physical abilities is displayed through this smart from athletics, dance, and gymnastics to martial arts. Body Smart children are greatly aware through touch and movement.

People Smart children possess an innate ability to understand and work with other people. They are able to interact and relate, enabling them to get along with others. They make good leaders and usually have lots of friends. In school, they will often be found leading a club or the student body. As children move into the adult world, this ability is particularly useful in the field of business. It has been quoted that managers spend more than half their time engaged in

interpersonal communication with bosses, subordinates and clients. Their "people skills" are important in ensuring the success of a business as it helps them mobilise others to work towards a common goal and understand the needs of customers.

## What is Multiple Intelligence? <sup>1,2</sup>

The theory of multiple intelligences was developed by psychologist Howard Gardner and it proposes that there are many different ways of being smart. It challenges the current focus on verbal skills and logical thinking which is traditionally measured in IQ tests and graded in school examinations. Instead, the theory of multiple intelligences considers the whole range of human abilities so that it unlocks a child's learning potential and any child can be a winner in life.<sup>1</sup>

One of the ways of being smart is termed as Brain Smart. Brain Smart includes either verbal intelligence or logical thinking. Verbal-linguistic children love words and exude speaking and/or writing strengths. They use words to persuade, argue or entertain. On the other hand, logical thinking covers a spectrum with mathematics on one end and science on the other. These children have a well-developed ability to reason and are at ease interpreting data and analysing patterns. <sup>1,2</sup>

In ancient time, the body and mind were viewed as one. Our very own Eastern culture demonstrates the cultivation of the mind through bodily activities such as yoga, tai chi and aikido. This intelligence is also known as Body Smart. It is demonstrated by talent in controlling one's body movements and in handling objects skillfully.



# One Way nce in Children

Although most children will identify strongly with one or two of the intelligences, they actually possess all. Psychologist and educator Thomas Armstrong believes that a combination of encouragement, enrichment and good instruction can enhance our children's strongest intelligence, as well as develop their moderate and underdeveloped intelligences.<sup>1,2</sup>

## Eating right

Early childhood is the most rapid period of development in a child's life.<sup>3</sup> The years from birth to 8 years of age are important in the cognitive, emotional and physical growth of children.<sup>3</sup> Good health and nutrition during childhood is especially important to support the multiple areas of development. Unfortunately, 1/3 of Malaysian children aged 1-10 years old are not consuming

the recommended daily nutritional needs. One of the ways to help ensure children receive sufficient nutrition is by consuming milk. Milk, according to the Malaysian Dietary Guidelines, is one of the most complete of all foods, containing nearly all the constituents of nutritional importance to humans.<sup>4</sup> Children need adequate nutrition for physical growth and energy. Milk contains both protein and carbohydrates to aid in this aspect.<sup>4</sup> As a rich source of calcium, intake of milk is also helpful during this phase when bone mass is being built.<sup>4</sup> An active, well-built child can happily participate in sports and outdoor physical activities. In addition, well-nourished children will have stronger immune systems to fend off illnesses or recover faster. Being well allows children to be in school and interact with friends to develop social skills. Furthermore, the first few years of life are a period of "brain growth spurt". A child's brain and nervous system needs to receive optimal nutrition to develop and function well. In recent years, there has been great interest in understanding the role of nutrients such as docosahexaenoic acid (DHA) and arachidonic acid (AA) in cognitive development.<sup>5</sup>

The World Health Organisation (WHO) has recognized that good health and nutrition are important for children to achieve their full educational potential because nutrition affects intellectual development and learning ability.<sup>6</sup> Encouraging children to drink milk, one of the most complete of all

foods, will aid in providing good nutrition. This serves as the platform for children to maximise their potential in multiple areas of development.

## Multiple intelligence, multiple possibilities

Every child is unique and will exhibit the different kinds of smart to different degrees. Nurturing the multiple intelligences in your child helps unlock your child's learning potential. To build a foundation for learning and development, good health and nutrition is needed. Encourage your child to drink milk so that she receives the nutrition important for multiple areas of development.

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# Child Health

- Allergy
- Immunisation
- Paediatrics Issues
- Digestive Health

# What's Up INFLUENZA?

By **Datuk Dr Zulkifli Ismail**,  
Consultant Paediatrician & Paediatric Cardiologist

Influenza, or flu, is described as a highly contagious viral infection targeted at the respiratory system (i.e. lungs). In tropical countries like Malaysia, it occurs all year round with peak seasons occurring during Oct-Jan and Apr-June.

## Complications

- Pneumonia
- Sinus infections
- Ear infections



## Vulnerable Groups



**3,000,000**  
of those infected globally each year  
will develop severe illnesses

**1/2 million**  
deaths per year



# Get Vaccinated Against Influenza

Don't take influenza for granted. It can infect us in the tropics and it can be serious in vulnerable individuals.

## Vaccination Helps

Vaccines contain weakened or dead pathogens (or live attenuated pathogen) which works to stimulate immune response and provide protection.

- It costs less than treating the infection and its complications
- It significantly reduces risk of:
  - ★ **Absenteeism**
  - ★ **Infection**
  - ★ **Hospitalization**
  - ★ **Death**



## It's Recommended That You

- Vaccinate your child as soon as he/she reaches proper age ( $\geq 6$  months).
- Children 6 months – 8 years old need 2 doses given at least one month apart for the first year they're vaccinated.
- Vaccinate yourself and your children annually for better protection against latest influenza viruses.
- Emphasize good personal hygiene at home and at school.
- Live a healthy lifestyle which includes a balanced and nutritious diet coupled with regular physical activity. **PP**

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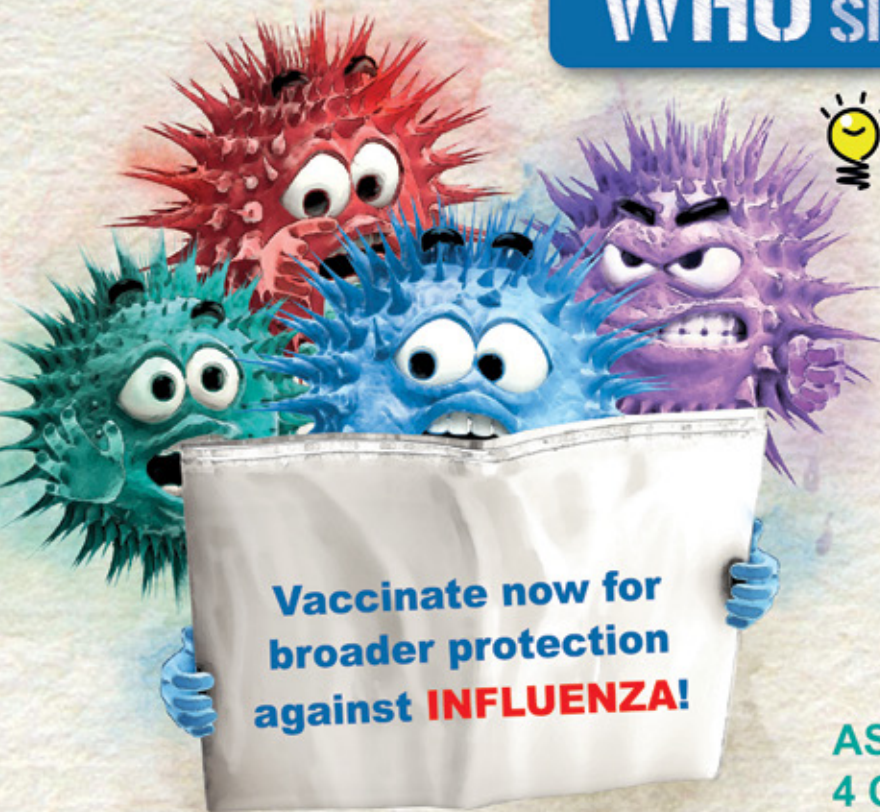


# UPGRADE YOUR FLU DEFENCE

## INFLUENZA: KNOW THE THREAT

- Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.<sup>1</sup>
- It can cause mild to severe illness, and at times can lead to death.<sup>1</sup>
- The best way to prevent the flu is by getting a flu vaccine each year.<sup>1</sup>

## WHO SHOULD BE VACCINATED?



Everyone who is **6 months and older** should get the flu vaccine every year.<sup>1</sup>

It is especially important for these **high risk groups** to be vaccinated:<sup>1</sup>

- Children below 5 years
- Adults 65 years and above
- Pregnant women
- People with medical conditions such as asthma, diabetes, heart disease, chronic obstructive pulmonary disease (COPD)
- People who live with or care for people in high risk groups

**ASK YOUR DOCTOR ABOUT THE  
4 COMMON INFLUENZA STRAINS**



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# Pneumococcal Battle: Our Life After

Interview conducted by Positive Parenting team

*The first time Aidan's story came out was in 2011. At the time, Safinaz, Aidan's mother, told us about the harrowing tale of how her son battled to escape the fatal clutches of pneumococcal disease.*

Even after 3 years since the scare, the memories of Aidan's ordeal continue to linger. "I remember the whole thing like it was yesterday, as a parent you can't help but feel traumatized," expressed Safinaz while giving Aidan a little kiss to the cheek. Her feelings weren't at all misplaced; Aidan was just six-months-old when he was first diagnosed with severe pneumonia. Recently, Positive Parenting went back to visit Aidan and his family.

Naturally, we didn't really think there was much to worry about.

Three weeks in, a few doses of antibiotics later, Aidan was still sick. So, we decided to go see a paediatrician. There, Aidan's X-Ray results confirmed that he was indeed suffering from severe pneumonia. It also showed there was fluid in his left chest. The fluid had to be drained out with a tube when he was in the Intensive Care Unit (ICU) ward.

## **PP: How did his illness affect the family's life during admission?**

**Safinaz:** When Aidan was admitted to the hospital, I had to take leave from work for a little over a month. My husband and I had to take turns looking after him at the ward and we had to send all our other children to live with their grandparents for a while. There was also the constant state of being scared, depressed, helpless, and worried, all bundled up into one horrible feeling. Basically, life was not the same and I wouldn't want to go through something like that again.



**It's a fact!**  
Pneumonia is the 5th highest cause of death in Malaysian children, under the age of five years.

## **PP: Could you give us a little back story of what actually happened?**

**Safinaz:** Well, it all started with what I had initially thought to be a typical cold. Aidan had all the symptoms of it; fever, cough, flu, the works. My husband and I had four children before Aidan.



**PP: How has Aidan's condition improved since then?**

**Safinaz:** For a while Aidan was unresponsive. He gradually showed improvement but it was like starting back from square one. For example, before, Aidan almost mastered climbing but afterwards he could only crawl and we had to teach him all over again. Today he's quite a handful, lively and very talkative, thankfully so.

**PP: PCV isn't a compulsory vaccine. Did this affect your decision not to take it for Aidan in the first place?**

**Safinaz:** There is that, but I think more significantly is the fact that I was mistakenly overconfident over the protective power of my breast milk and the amount of experience I had as a mother of 5 beautiful children. It blinded me to the fact that diseases/infections are unpredictable. Anyone can be affected at any time regardless of whether they have been exclusively breastfeeding 1 child or ten. Vaccination is still the best way to protect your child against this pervasive disease. I certainly do not want any other child or parent to suffer like Aidan did!

**PP: What do you say to parents who refuse to get their child vaccinated?**

**Safinaz:** Firstly, I believe it is a choice people make for their children

based on what they think is right. As a mother, I understand and respect that. However, I also believe that we cannot ignore scientifically proven consensus that vaccination is the most effective tool against pneumococcal infections to date.

**PP: What other advice do you have to give to parents out there?**

**Safinaz:** Without a doubt, vaccinate your children! It may save your child's life and provide you with peace of mind. Understandably for some families, getting a shot may prove to be too costly. But the financial and emotional costs of treating this disease are much worse.

Furthermore, there's this overwhelming mentality amongst us that if something is not compulsory than it probably isn't that serious and should just be disregarded. What's worse is that we've been conditioned to think that bad things – especially serious and potentially fatal diseases – will never happen to us because we are somehow "immune".

I think this is a dangerous mindset many of us parents have, one I fervently believe we should all change for the sake of our children. **PP**

**What is it?**  
PCV is a safe & effective vaccine that protects infants and young children against pneumococcal disease.





Now, there's a **BROADER PROTECTION**  
for your child *against* Pneumococcal disease

# Vaccinate now for **BROADER PROTECTION** against Pneumococcal disease



Pneumococcal disease is the leading cause of vaccine-preventable death amongst children below five years globally.<sup>1</sup>

Pneumococcal disease is caused by *streptococcus pneumoniae* that can cause infections and may lead to brain damage, lung infections and deafness.<sup>2</sup>

**13** types of ***streptococcus pneumoniae*** cause **80% - 90%** of invasive diseases in young children worldwide.<sup>3</sup>



**Ask your doctor today about the available vaccines.**

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# Preterm Babies

## – Immediate Concerns

By **Dato' Dr Musa Mohd Nordin**, Consultant Paediatrician and Neonatologist

*A preterm baby refers to a baby that is born before the 37th week of pregnancy (a normal pregnancy lasts for about 40 weeks). Since they are born before they have fully developed, preterm babies (or preemies) are ill-equipped for life outside their mother's womb. This typically means that preemies will face many life-threatening challenges. The reasons for preterm birth are still not fully understood in half the cases.*

Where the risk factors for preterm birth is known, it is often associated with hypertension, diabetes, bleeding due to abnormal positioning of the placenta, infection or inflammation, twin pregnancy and low/high maternal age (below 19 or above 40).

### Did you know?

Preventing preterm birth remains a challenge because the causes of preterm births are numerous, complex, and poorly understood. However, pregnant women can take important steps to help reduce their risk of preterm birth and improve their general health. These steps include avoid smoking, alcohol and drugs, regular antenatal care and seeking medical attention for any early signs or symptoms of preterm labour.

### Special care needed

Preemies are 'weaker' than full-term babies because most of their internal organs are not ready to function on their own yet. In general, the more premature an infant, the higher the risk of complications he will face.

After delivery, they will be placed in the special care nursery (SCN) or if sicker in the neonatal intensive care unit (NICU), which is designed to provide a comfortable and safe environment that provides the preemie with his basic needs of warmth, nutrition, and protection in order to ensure his proper growth and development.



Some of the early complications that may arise include:

- **Difficulty regulating their own body warmth** – due to their smaller size and lack of glycogen/body fat, most preemies suffer from hypothermia (their body temperature is less than 36°C).
- **Infections** – their immature defence system and low immunoglobulin levels mean that they have an elevated risk of infections from bacteria/virus in their surroundings.
- **Immature nervous system** – this can lead to higher rates of apnoea (forget to breathe) and bradycardia. The possibility of bleeding in the ventricles in the brain also increases. Preemies generally lack the reflexes to suckle and swallow, rendering it necessary to feed them either intravenously or via a feeding tube.
- **Underdeveloped lungs** – a lack of surfactant in his lungs makes it collapse more readily, which causes respiratory distress and he may require oxygen or help with a respirator/ventilator.
- **Underdeveloped cardiovascular system** – this leads to a higher incidence of persistent ductus arteriosus (PDA), which if large enough may lead to heart failure.
- **Underdeveloped gastrointestinal (GI) system** – which causes a higher incidence of ileus (lack of normal movements of the gut) and necrotising enterocolitis which in its worst form may require surgery.
- **Immature liver** – causes more frequent episodes of jaundice.



## Possible long term problems

Most preemies will grow and develop just like other full-term babies. However, there are several long-term complications that are more common with preemies, such as:

- **Central nervous system** – about 10% of preemies (in particular those born earlier than 28 weeks gestation and weighing less than 1000 grams) will experience complications such as cerebral palsy, mental deficiencies, epilepsy, or hydrocephalus following a bleed in the brain.
- **Growth** – a small number of preemies will fail to thrive, have rickets, and anaemia.
- **Cardiovascular system** – a persistent ductus arteriosus if causing respiratory and heart problems may require to be ligated surgically.
- **Iatrogenic problems** – too much exposure to oxygen may lead to diseases of the eye, retinopathy of prematurity (ROP) or chronic lung disease (CLD). Preemies who require an endotracheal tube to assist his breathing may also suffer from subglottic stenosis (a narrowing of the upper airway).
- **Psychosocial problems** – due to the necessity of separating the preemie from his parents while he is treated at the NICU, this can cause a rift between the mother-child bond, leading to the preemie being unloved, neglected, and even abused. Preemies are also in the high-risk group for sudden infant death syndrome (SIDS).

## Preparing yourself

You will have to work very closely with your paediatrician & neonatal nurses in the care of your preemie. The SCN or NICU usually allows parents unlimited access to their preemie to enhance emotional bonding, physical touch and expression of breastmilk for your baby's nutrition. Prior to their leaving the hospital, you would be encouraged to room in with your baby to do the daily care of your preemie supervised by the neonatal nurse and troubleshooting any potential problems. In a few NICUs the parents are taught the basics of neonatal resuscitation to prepare them for a possible emergency whilst at home with their baby.

The baby will be regularly seen in the paediatric clinic to assess their developmental milestones, growth and updating their immunisation. Your paediatrician may engage the help of other specialists, e.g. developmental paediatrician, physiotherapist, occupational therapist to provide him with the necessary therapy as he grows up.

Last but not least, family support is critical – caring for a preemie is demanding, more so than caring for a 'normal' full-term baby. **PP**

An educational contribution by



# E-Cigarettes and Your Child

By **Datin Dr Liew Yin Mei**, Consultant Physician & Director of The Heart Foundation of Malaysia

*Existing evidence shows that e-cigarette vapour is not exclusively made up of water as is often claimed in the marketing of these products.*

They look like and were designed to imitate the experience of smoking the real thing – minus the burning of tobacco. The electronic cigarette (or e-cigarette) market has netted an estimated \$3 billion in global sales with more than 400 brands to date since it was first introduced in 2005.

## E-cigarette: What's In It?

Nicotine is the primary addictive substance in tobacco cigarettes. Many smokers are unable to quit because of the nicotine addiction. To assist in tobacco harm reduction, manufacturers of e-cigarettes have made claims that the e-cigarettes can deliver nicotine vapour in various concentrations without the combustion products that are responsible for the smoking damaging effects.

However, various chemical substances and ultrafine particles which are toxic, carcinogenic and known to cause respiratory and heart disease have been identified in e-cigarettes and, could still pose health threats.



**Cadmium**  
**Acrolein**  
**Phenanthrene**  
**Chromium**  
**Anthracene**  
**Cotinine**  
**Lead**  
**Nickel**  
**Glycerin**  
**Cresol**  
**Propylene Glycol**  
**Acetaldehyde**  
**Pyrene**  
**Anatabine**  
**Formaldehyde**

**Vaping** is the use of or the reference to the vapourisation and inhalation of an e-cigarette. **Vaper** is an e-cigarette user.

## Lesser of Two Evils?

Some studies claim the devices help smokers quit, while others suggest e-cigarettes may encourage the initiation of smoking and sometimes promote their dual use with conventional cigarettes as well. It is quite a fierce debate and there are merits in the arguments made at both ends.

However, a position statement was made during the Forum of International Respiratory Societies in 2014 which strongly opposes the unregulated production and use of e-cigarettes. Their position is that which is shared by numerous other reputable agencies such as the American Thoracic Society, Asian Pacific Society of Respiriology, European Respiratory Society, International Union Against Tuberculosis and Lung Disease and the American Academy of Pediatrics.

Similarly, the WHO's position has been made clear; e-cigarretes require global regulation in the interest of public health because there is insufficient evidence to conclude that it helps users quit smoking.

## An Alarming Trend

In many countries, use of e-cigarettes by adolescents have doubled from 2008 to 2012. In Korea use of e-cigarettes among youth who never smoked before rose from 0.5% in 2008 to 9.4% in 2011 and in United States it rose from 3.3% in 2011 to 6.8% in 2012.

Some e-cigarettes have candy flavouring and attractive casings, which makes it appealing to children and adolescents. Additionally, there is no lingering tobacco-like smell. So it's harder for parents to know if their children are vaping. So be extra vigilant and set your rules and limitations accordingly. Don't forget to practise what you preach.



### Value for Money, But Not Health

E-cigarettes are sold openly and quite affordable even for teens – some sell for just RM50 each. A nicotine bottle on the other hand, costs a mere RM10 and can last about a month depending on use.

## The Verdict

Given the benefit of the doubt, local health authorities, medical organisations and professionals in Malaysia have unanimously agreed that e-cigarettes should not precede available, medically-approved treatment options for smoking cessation. (i.e. nicotine replacement therapy or professional counselling)

Until there is further evidence to support the efficacy and safety of e-cigarettes, it cannot be recommended. If you are an e-cigarette smoker, the least you can do is refrain yourself from vaping near or around your children and other members of the public. Be considerate and practise the same etiquette one would expect from a tobacco smoker. **PP**

An educational collaboration with



The Heart Foundation of Malaysia



# Share the Goodness of Healthy Digestion



Malaysia's first and No.1 cultured milk drink, VITAGEN is jam-packed with billions of good bacteria. Known as Lactobacillus acidophilus and Lactobacillus casei, these good bacteria cultures help fight bad bacteria to promote a healthier digestion. VITAGEN is also good for stimulating a stronger immune system by helping the body defend itself against toxins, harmful bacteria and allergen.

## VITAGEN Regular

A trusted cultured milk drink loved by all Malaysians, VITAGEN Regular, infused with billions of good bacteria, comes in a variety of delicious flavours made with real juice from apples, grapes, oranges and LB (natural).

## VITAGEN Less Sugar

This delightful cultured milk drink offers the same nutritional benefits to improve digestion and stimulate a stronger immune system – minus the sweetness!

## VITAGEN Collagen Less Sugar

It's a revolutionary formula that is infused with 500mg of marine collagen peptides (of fish origin) and Vitamin C, which helps to re-synthesise collagen for a more radiant, younger looking skin. This revolutionary formula also contains prebiotic fibre, which supports the growth of good bacteria in the intestines for a stronger digestion and a healthier immune system.

Lactobacillus cultures  
(good bacteria)



Read article on following page and safeguard your child's digestive health.

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BE GOOD TO YOUR GUT

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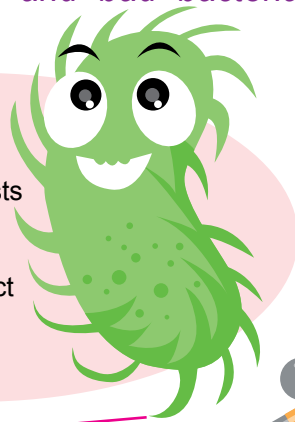
# THE PRO IN BIOTICS

By **Dr Nazrul Neezam**, Paediatric Gastroenterologist & Hepatologist

*Collectively, our intestinal bacteria weighs up to 1 kg and bacterial cells outnumber human cells by 10:1 and there are over 1000 different species of both “good” and “bad” bacteria known to live in the gut.*

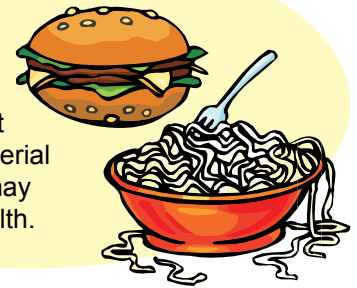
## PROBIOTICS

are live bacteria and yeasts that might have, after consumption in adequate amounts, a positive impact on our health



## PREBIOTICS

are nondigestible carbohydrates (oligosaccharides) that promote probiotic bacterial growth which in turn may help to impact our health.



## ANTIBIOTICS

are powerful medicines that fight bacterial infections. They have been known to reduce or alter the balance of bacteria in the gut.



## HEALTH BENEFITS OF PROBIOTICS

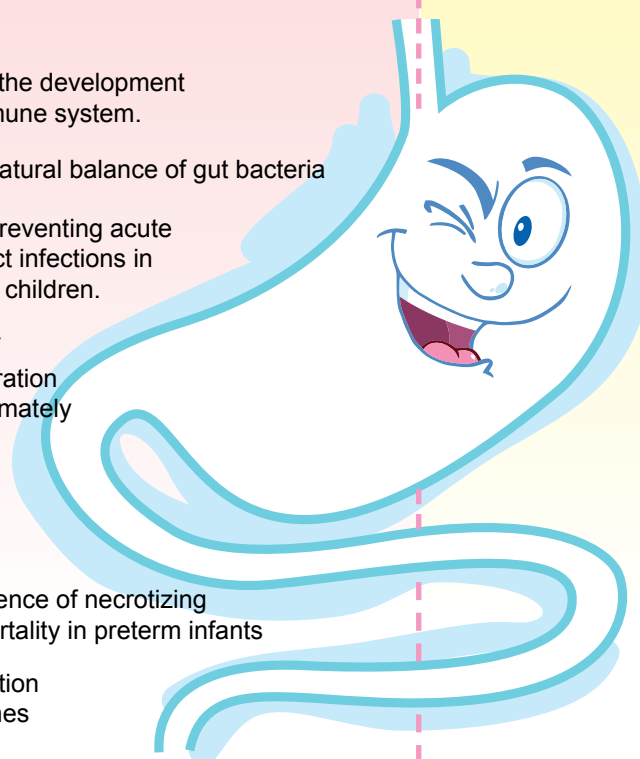
Its important to note that not all probiotics are alike, and a specific single or mixed strain of probiotics which may be useful for one condition may not be helpful for another.

### PROBIOTICS

- Positive effects on the development of the mucosal immune system.
- Helps restore the natural balance of gut bacteria
- Modest benefit in preventing acute gastrointestinal tract infections in healthy infants and children.
- Reduction in the number of diarrheal stools and the duration of the diarrhoea by approximately 1 day if given early
- Reduction in the incidence of antibiotic-associated diarrhoea
- Reduction in both the incidence of necrotizing enterocolitis (NEC) and mortality in preterm infants
- Reduction of the concentration of cancer-promoting enzymes

### PREBIOTICS

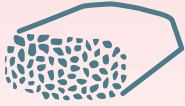
- Promotes good gastrointestinal microflora activity.
- Prevents diarrhoea or obstipation
- Modulates metabolism of the intestinal flora
- Positive effects on lipid metabolism
- Stimulation of mineral absorption
- Immunomodulatory properties



## RICH SOURCES

Food sources of probiotics offer good nutrition

### PROBIOTICS



Tempeh



Sauerkraut or  
Kimchi



Acidophilus  
milk



Live culture  
yoghurt/  
drink



Vinegar-free  
sour pickles

### PREBIOTICS



Asparagus



Natural honey



Bananas

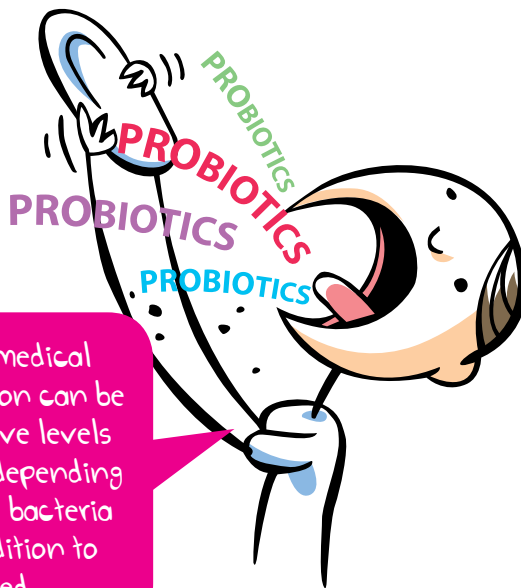


Oatmeal



Legumes

## HOW MUCH DOES MY CHILD NEED?



No general medical recommendation can be made. Effective levels range widely, depending on the type of bacteria and the condition to be treated.

Chronically ill children should not be given probiotics. Ask your doctor for advice.



## DIGESTIVE HEALTH EXERCISES

Preliminary studies show exercise helps welcome good bacteria in the gut. Encourage your children to do regular physical activity for at least 30 mins/day.



walking



running



swimming



dancing



sports



# Billions of Good Bacteria for a Healthy Digestive System

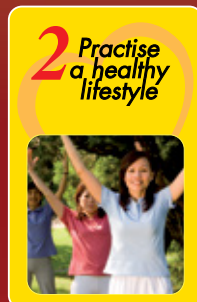
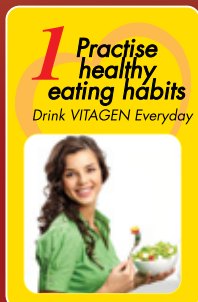
## Why is your digestive health so important?

In Malaysia, diseases of the digestive system are the 5th principal cause of death and 7th principal cause of admission in government hospitals in 2011.\*

A healthy digestive system is central to your overall health and wellbeing. Not only does it process food and transport important nutrients, vitamins, and minerals throughout your body, it is your body's first line of defence against diseases because 70% of your immune system lies in your digestive tract.

## What can you do to improve your digestive health?

It's simple. What you need to do is to practise these simple steps TODAY!



## Are all bacteria bad?

No, not all bacteria are bad for your health, there are good bacteria too. Your digestive tract is home to trillions of bacteria. A healthy digestive system should have a healthy balance of 85% good bacteria and 15% bad bacteria.

## What happens inside?



- Good bacteria fights bad bacteria for nutrients



- Good bacteria blocks the growth of bad bacteria



- Good bacteria kills bad bacteria

## What should you do when bad bacteria overpowers the good bacteria?

Unhealthy lifestyle, stress, unbalanced diet, aging, lack of exercise, consumption of antibiotics, and bacterial infection in the gut can cause microflora imbalance. You can replenish the good bacteria in your digestive system by consuming probiotics.

## What are probiotics?

According to the World Gastroenterology Organisation, probiotics are live microbes that have been shown in controlled human studies to induce measurable benefits on intestinal health and immunity. \*\*

## Goodness of Probiotics

Probiotics can benefit your digestion if consumed regularly.

- Helps reduce risk of intestinal disturbances such as constipation, diarrhoea, ulcers, bloating, belching, bad breath, allergy, heartburn, and nausea
- Helps maintain a healthy bacteria balance by keeping the good bacteria in high levels
- Helps improve bowel movement
- Helps improve tolerance to milk
- Helps boost immune system
- Helps replenish good bacteria after taking antibiotics
- Helps with digestion



In support of World Digestive Health Day

- Promotes good digestive health through fun and educational activities
- Supports expert initiatives such as:



For more information, call us at our toll free number

**1 800 88 5587**

OR visit our website at [www.mmsb.com.my](http://www.mmsb.com.my) or [www.vitagen.com.my](http://www.vitagen.com.my)



\* Data from the Ministry of Health, Health Facts 2012.  
\*\* Data from the World Gastroenterology Organisation.

# Child Development

- Skills
- Socio-emotional
- Problems
- Physical Activity

## Parenting and Gadgets: The Pros and Cons

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

As parents, you may find that modern life comes with many advantages in terms of the availability of gadgets. However, before you start to rely too heavily on its usage, you will need to carefully weigh the advantages and disadvantages that it offers as it can be either beneficial or harmful, depending on how it is used.

Even Steve Jobs was known to be a 'low-tech parent' who did not allow his children any gadgets during school days and strict time limits during weekends. This is by no means an isolated parenting style as other technology CEOs also follow the same 'no gadget' rule for kids. Recently, Taiwan also passed a law making it illegal for children under two years of age to use electronic gadgets, while children under 18 are only allowed the use of gadgets for a reasonable amount of time.

Here, we explore the good and the bad of letting your little ones handle gadgets from a young age.



## Differentiating between the good and the bad

The use of gadgets (e.g. smartphones, laptops, etc.) can be beneficial if they are used for educational purposes. Some advantages include:

- ▶ **Providing your child with a stimulus for his senses and imagination** through some creative apps.
- ▶ **Helping promote his auditory senses** by training his listening for example with stories.
- ▶ **Encouraging improved fine eye-hand coordination** through particular games while allowing him to be computer-literate.

However, just like anything in life, there can be too much of a good thing. The over-use of gadgets can make your child too reliant on them, and in more extreme cases, lead to addiction. This can be further exacerbated if parents use gadgets as a 'digital nanny' and leave their children to their own devices in the literal sense! **In fact, the American Academy of Pediatrics (AAP) recommends that parents limit any type of screen time to less than one or two hours per day for children, while children below two are discouraged from any kind of screen time.**

Some of the other potential downfalls that have been identified include:

- ▶ **Gadgets aid learning, but do not encourage innovative learning** – an over-reliance on gadgets from a young age can stunt your child's creativity in searching for solutions to problems as he becomes used to being spoon-fed information. After all, most educational apps are just an improved version of their predecessor, i.e. dictionary apps, electronic books.
- ▶ **Discourages conversation/interaction between you and your child** – the digital connection can lead to a parent-child disconnection as your child may spend less time actually talking/interacting with you when he is engrossed with his gadget. Remember, the human element of interaction between your child and you is something you should treasure; don't let a gadget come between you.
- ▶ **May lead to sleep disruption** – your child needs at least 12 hours of sleep daily in order for him to grow healthily. This can happen if he uses them before bedtime, or if he is in the room while you are using a gadget – the light emitted from gadgets have been shown to disrupt the body as it prepares to sleep, thus it can cause him to become alert/awake instead.
- ▶ **Promotes a sedentary lifestyle** – regardless of how stimulating or fun a gadget may be, they do not encourage your child to be physically active. Your child needs a combined total of at least 60 minutes of physical activity on a daily basis if he is to build strong muscles and grow healthily. Additionally, if he forms a habit of leading a sedentary lifestyle from young, he faces an increased risk of obesity.

## Walking a minefield

It is virtually impossible to completely ban your child from using gadgets. If he cannot access one at home, he will likely find a way to get his hands on one elsewhere, i.e. at his friend's house. The best thing that you can do is to teach your child on how to use gadgets responsibly.

Some tips on how you can encourage healthy usage of gadgets include:

- ▶ **Set firm rules on gadget use**, e.g. no gadgets at the dining table, set a timer on the gadget itself to control the amount of time spent on it (including how often or how long he is allowed to use it, regardless of whether he was playing games, watching a show, etc.).
- ▶ **Monitor the apps/games he uses** – always run through the app/game yourself to ensure that its contents are appropriate. The existence of massively multiplayer online role-playing games (MMORPGs) is another aspect of online use that you must control – be sure to restrict his time on them as they can be very addictive.
- ▶ **Never allow a young child unsupervised internet use** – not all information that is found online is child-friendly, so you will need to exercise extra caution. If you are not able to monitor him yourself, use a child-friendly browser (e.g. KidZui Browser).
- ▶ **Always make it a point to communicate with your child at all times about his gadget use.** Let him share his views on how he feels. This way, you will have a healthy two-way communication going which will enable you to better connect with your child.

## Lead by example!

There are undeniable benefits to the use of gadgets as it often provides an engaging means of learning. However, as parents, it is absolutely critical that you understand your role in determining the environment and setting an example as your child will emulate your own gadget usage patterns.

Additionally, how you as parents handle the rules of gadget usage will also reflect whether double standards exist. Far too often, many parents do not practice what they preach and this may lead to feelings of resentment, as children will feel that parents are 'abusing' their power. The problem with using the "do as I say, not as I do" parenting method is that it will undermine your authority, and indirectly teaches your child that as he gets older, he doesn't have to play by the rules. **PP**

An educational contribution by





### Did you know?

The Ministry of Health recommends that children accumulate at least **60 minutes** of moderate-intensity physical activity daily, preferably in a safe outdoor environment. Since children have a tendency to do physical activities in short bursts, it is simply practical to accumulate your child's physical activity throughout the day.



# Get Your Child Moving

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

*As a parent, your child's health should be your top priority. An important but often overlooked aspect is ensuring that he gets enough physical activity on a daily basis. The type of physical activity referred to here is the outdoor rather than indoor type and there is research linking physical activity to better sleep and attention, which ultimately results in improved learning in children.*

## Benefits of physical activity

Regular physical activity can provide him with numerous benefits such as helping to strengthen his muscles and bones, decreases his risk of non-communicable diseases (NCDs, such as heart disease, diabetes, and cancer), more conducive to better sleep, and also makes it much more likely that he will be academically motivated.

On the other hand, physical inactivity is known to increase one's risk of NCDs. With that in mind, it only makes sense to instil the habit of regular physical activity as a part of your child's routine early in life, in order that he will continue to be physically active in his adult life.

Research has also shown that physically active children tend to perform better academically. Among other things, children who are physically active also benefit from a

boost in their cognitive and physical development, and improved social and emotional well-being.

Encourage your child to be physically active for a total of at least an hour or more daily. This need not be done in one continuous stretch but can be a combination of several rounds or activities. There are many

options available, ranging from unstructured play to organised games/sports, such as taking family walks or playing physically active games (e.g. badminton, tag, etc.). Alternatively, you may also want to reconsider buying him toys or gadgets – get him something that encourages physical activity (e.g. a bicycle, skateboard, badminton racquet, etc.) instead.

## Important points to consider

There are so many benefits to be gained from regular physical activity, so how can you encourage your child to do it? Here are some useful tips:

■ **Choose the right activities** for his age and ability – be sure to pick activities that are appropriate for his age, development, and his physical abilities. The key is to ensure that he finds the activity fun and engaging in order for him to be motivated to do them, otherwise he may be bored or frustrated and refuse to participate.

■ **Limit his screen time** (e.g. TV, computer games, etc.) – make it a point to encourage him to play games that involve some form of physical activity, such as

futsal or badminton. However, you will need to lead by example! If you have an active lifestyle, your child will naturally gravitate toward it and try to emulate you.

■ **Make the time for it** – you may need to make some sacrifices on your own time in order to give him plenty of opportunity to be active. Be sure that you do not over-schedule your child's free time with extra lessons to the extent that he has no free time left for some unstructured playtime.

■ **The right tools for the right job** – some activities/sports may also require equipment and a proper location (e.g. for your child to play futsal, he will need sportswear (appropriate clothing and shoes, a soccer ball, and a futsal court)

■ **Don't overdo things** – be sure to teach him to listen to his body; if he feels any pain or over-exertion, he should either slow down or stop the activity. You may need to monitor your child initially until you are sure that he is in tune with his body.



## Safety first

Regardless of what physical activity you encourage your child to partake, always make safety the number one priority. In addition to having adequate protective equipment (e.g. helmets, wrist/knee pads, etc.) the location itself should also be safe (i.e. cycling should be done in parks/cycling tracks and not on the main road). If your child has a disability, please consult with your paediatrician beforehand to determine what type of physical activity is suitable. **PP**

An educational contribution by



Malaysian Paediatric Association



# Family Wellness

In partnership with  LPPKN

- Maternal Care
- Parenting Skills
- You & Your Spouse
- Safety and Injury Prevention



## Having a Child After

# 40

By **Dr Krishna H Kumar**,  
Consultant Obstetrician & Gynaecologist,  
and Past President of the Obstetrical  
and Gynaecological Society of Malaysia  
(OGSM)

*Nowadays, becoming pregnant after 40 is becoming more common compared to the past. This delay may result from women becoming focused on their careers or find their partners later in life. However, if you are a woman in your 40s who wants to have a child, or if you are a young woman who plans to have a child much later in life, there are many risks and/or disadvantages that you should be aware of.*

### Natural limits

Nature has its own way of preventing possible complications to both mother and baby – a woman in her 40s will have much lower fertility. In fact, many experts will agree that it is almost impossible to get pregnant with your own eggs once past 45.

The reason for this is because of your dwindling egg supply (which decreases significantly with age). On top of that, older eggs also tend to have chromosomal problems which make the risk of miscarriage and birth defects higher. However, modern fertility treatments have made it possible for women above 40 to become pregnant more easily and to successfully have children.



In addition to the risk of infertility, some of the other complications you may face include:

- miscarriage,
- placenta previa,
- gestational diabetes,
- high blood pressure,
- ectopic pregnancy,
- pre-eclampsia and eclampsia (the risk is higher if you have your first baby above 40),
- problems during labour (prolonged second stage labour and foetal distress) which increases the chances of a forceps- or vacuum-assisted delivery or a Caesarean section,
- higher possibility of multiple foetus (e.g. twins or triplets),
- premature delivery.

### Puts baby at risk

However, the more worrying aspect is the fact that your baby also faces increased risks. These may range from:

- stillborn,
- low birth-weight,
- premature birth,
- more vulnerable to chromosomal aneuploidies, genetic abnormalities, or congenital malformations.

### Minimising your risks

Now that you know the risks, should you still intend to have a child, the very first thing you should do is consult a fertility specialist. He will be able to highlight in greater detail what areas you need to be concerned about.

However, in general you will need to first take care of your own health, as pregnancy will take its toll on your body not just physically, but mentally as well. One of the most common complaints of pregnant women is fatigue and this may hit you harder if you are in your 40s.

So how can you minimise your risks? You should start well before your planned pregnancy. The two most important things you can do are to maintain a healthy eating habit with a diet of nutritious food and to lead a physically active lifestyle.

### Not all bad news

Despite all the “doom & gloom”, there is a silver lining to the dark cloud. Research has shown that older mothers can make better parents – there were markedly better rates of health and development for children of older mothers, which includes better language development and comparatively fewer social and emotional difficulties.

In addition to that, you may also find yourself much better prepared to cope with the physical and emotional stress of parenting than younger mothers. Being older also makes you wiser, and your experience and knowledge will be of great benefit to your child. You will also be much more likely to be more financially stable and have better resources to raise your child with. **PP**



An educational collaboration with



Obstetrical and Gynaecological Society of Malaysia



# Child Car Seats: Keeping your Children Safe

By **Datuk Dr Zulkifli Ismail**, Consultant Paediatrician & Paediatric Cardiologist

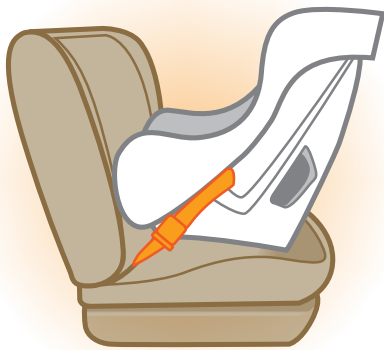
Children transported in private vehicles are the first and second leading cause of traffic related-death, among children aged 1-4 years old (43.8%) and 5-9 years old (30.2%) respectively. One local study found that 51.4% of children below the age of 6 were seated in the front passenger seat and only a little over 13% were actually restrained. This is in spite of the fact that child car seats (CCS) have been proven to reduce the risk of death among infants (aged <1 year) by 71%; and toddlers (aged 1-4 years) by 54% in passenger vehicles. Similarly;

- Use of booster seats may reduce the risk of serious injury by 45% for children aged 4-8 years old when compared with seat belt use alone.
- For older children and adults, seat belt use reduces risk of death and nonfatal injuries by almost 50%.

## CORRECT AGE- AND SIZE- APPROPRIATE CHILD CAR SEAT

Age (Years)

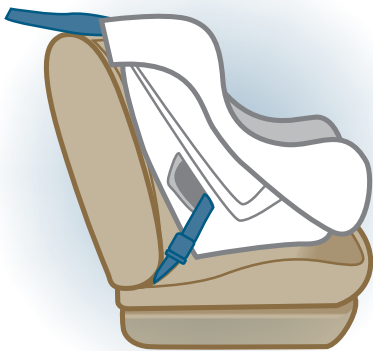
Birth	1	2	3	4	5	6	7	8	9	10	11	12	13+
Rear-Facing													
	Forward-Facing												
				Booster Seat									
								Seat Belt					



### Rear-Facing Car Seat

#### Birth to at least 2

Keep your child rear-facing as long as possible or until they reach the recommended height & weight limit of that seat\*\*.



### Forward Facing Car Seat

#### Age 3 to at least 6

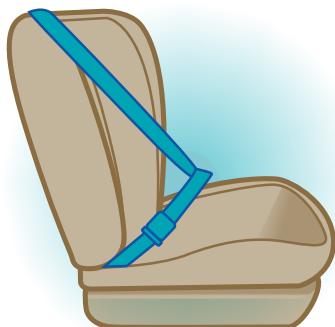
Keep your child in a forward-facing car seat with a harness and tether for as long as possible or until they reach the recommended height & weight limit of that seat\*\*.



### Booster Seat

#### Age 4 until seat belts fit

Use a booster seat until seat belts fit properly. Recommended height for proper seat belt fit is 4 feet 9 inches.



### Seat Belt

#### Seat belts fit properly

When the lap belts lay across the upper thighs & the shoulder belt lays across the chest.

\*\*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of child car seats.

\*\*Height & weight limit of the seat is indicated as provided by the manufacturer.

Both **LATCH** or Lower Anchors and Tethers for Children and **ISOFIX** are child restraint systems found in most recent car models which function to standardize and simplify the installation of child restraints (i.e. child car seats).

## Securing The Seat

- Position your child with his or her back and bottom flat against the car seat.
- Ensure the carrier straps are tight and the harness clip is even with the child's shoulders or armpits.
- Buckle your child in the seat first before placing coats or blankets over the harness.
- Buckle the harness and the chest-clip.
- Check to make sure the straps are snug, with no more than 1 finger's slack.
- Make sure there are no twists in the harness strap.
- Try placing a rolled washcloth or diaper in the space after your child has been securely fastened into the car seat for a more secure fit.
- Most CCS indicates the type of child restraint system it uses, so make sure you buy a CCS which corresponds accordingly to that of your cars'. Similarly, you can still use the seat belt to secure the seat which is just as safe.

## IMPORTANT TIPS

- Keep children under 13-years-old restrained in the back seat. It's the safest place for them to be in case of a crash.
- It would be safer to buy a new CCS if you aren't certain of the history of a preloved one you're thinking of getting.
- Never place a rear-facing car seat in front of an active airbag (i.e. never place it in the front seat).
- Don't substitute a booster seat with a simple cushion; they can easily slide off, displacing the child and increasing the risk of strangulation by seat belt.
- Always refer to CCS manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to properly install the car seat.

For maximum safety for your child when driving, remember to (1) choose a certified, age-appropriate sized CCS, (2) make sure to secure the seats properly & most importantly (3) drive safely and responsibly at all times. **PP**

An educational contribution by



Malaysian Paediatric Association



# My Positive Teen

- Socio-emotional
- Conditions and Diseases

## Parent's Role In Preventing Teen Pregnancy

By **Dr Anjali Doshi-Gandhi**, Deputy Director General (Policy) of the National Population and Family Development Board (LPPKN)

*According to local research, the birth rate for 15-19-year-old Malaysian girls in 2008 was 12.7/1000 population. Unsafe abortions, abandoned babies, and the welfare of adopted children are becoming rising concerns.*

The World Health Organisation (WHO) defines teenage pregnancy as a 'teenaged or underaged girl (within the ages of 15–19) becoming pregnant.' However, the term teenage pregnancy is often used in our society to mean unmarried adolescent girls who become pregnant. In many cultures and communities including Malaysia, this carries a social stigma.

Pregnant teenagers also face many additional obstetric, medical & social issues compared to women who give birth in their 20's and 30's.

- **Complications during pregnancy and delivery** are the leading causes of death for girls aged 15-19 in developing countries; they are twice as likely to die in childbirth as women in their twenties.
- 25% more likely to have a **low birth weight baby**, which may lead to lower intelligence and reduced academic performance at school.
- high risk for acquiring **sexually transmitted infections**
- **anaemia** and **pregnancy-induced hypertension**



Moreover, children born to parents who aren't mentally, emotionally and economically prepared face the risk of abuse, neglect, and failure at school. These children are also more likely to engage in criminal behaviour later in life.

The Ministry of Health (MOH) Malaysia, in 2011 recorded in its facilities 18,652 births by girls between the ages of 19 out of which more than 30% were unmarried. Factors that may contribute to this problem are:

- Lack of education and information about reproductive and sexual health
- Lack of knowledge on ways to prevent pregnancy
- Adolescent sexual behaviour or curiosity
- Socio-economic factors (i.e. poverty, lack of familial support/guidance)
- Certain customs and traditions.



## Parent's Role

Parents are the number one most influential figure for most children. However, many parents lack the knowledge to guide their children through this phase. Parents need to equip themselves with the appropriate parenting skills:

- **Be an approachable parent**, ensure your child is comfortable talking to you, be it to express feelings, share opinions or just ask questions.
- **Establish rules (i.e. dating rules), curfews, and standards of expected behaviour**, preferably through an open process of family discussion and respectful communication.
- **Explain the values, be it cultural or religious, that you have towards teenage pregnancy**. It's important to give your teen freedom, but similarly important is to ensure they know not to overstep their boundaries.
- **Strive for a relationship** with your teen that is affectionate, firm in discipline, and rich in communication and one that emphasizes mutual trust and respect.
- **Help them plan for the future**. The chances that your son or daughter will go on with sex, pregnancy, and parenthood are significantly reduced if they have a professional ambition they'd wish to pursue.

Although the main focus is on preventing teenage pregnancies, where they do occur, parent's support is still crucial. Unmarried teenage mothers should not be made to feel isolated nor should they be shunned from the society, more so from one's own family. The well-being of the mother and her innocent child should be the foremost priority.

You and your teenager can reach out to counsellors, community leaders, religious counsellors, NGOs, welfare agencies, government bodies, or even other family members that you think might be able to help. **PP**

### The PEKERTI Policy

The Policy and Action Plan for National Reproductive Health Education and Social Education, or PEKERTI, looks to raise awareness of the community about the importance of reproductive health and social education. With strong collaboration with various government agencies and NGO's the policy has seen both significant and promising results. The policy includes teen-friendly programmes such as the **kafe@TEEN** adolescent centre, **PEKERTI@PLKN** and **PEKERTI@Sekolah**.

An educational contribution by





# Positive Parenting

## Pledge to

## Disconnect Digitally

## and Reconnect Emotionally



**Guilty of spending too much time connecting with your gadgets instead of with the people around you?** It's not too late to make a difference! Join Positive Parenting as we pledge to spend at least an hour a day to reconnect with our children by indulging in simple pleasures in life.


What can you do to reconnect with your children without the gadgets?

### Simple!

- ✔ Play a game of "I Spy" or "Memory Game" in the car with your children
- ✔ Read to them before bedtime
- ✔ Get them involved in the kitchen
- ✔ Have one family meal together daily
- ✔ Help them with their homework



The Positive Parenting "Family Quality Time" Pledge was recently initiated by Yang Amat Berbahagia Tun Dr Siti Hasmah Hj Mohd Ali at the Launch of Positive Parenting Phase III on April 12, 2014. The initiative was brought about as we realized the need to relive traditional family togetherness for the emotional betterment of our children.

Join us at  Positive Parenting to take the pledge to "disconnect digitally and reconnect emotionally with our children"! Share with us your idea and photos of what spending "Family Quality Time" meant to you and your loved ones in our #100qualitymoments photo contest to be in the running to **win household appliances or shopping vouchers** from April 2014 till April 2015.

### Pledge, Snap & WIN! 5 Lucky Monthly Winners!



\* pictures are for illustrative purposes only.

#### 1<sup>st</sup> prize:

Household appliance worth RM400

#### 2<sup>nd</sup> prize:

Household appliance worth RM200

#### 3<sup>rd</sup> prize:

Household appliance worth RM160

#### Consolations (x2):

Shopping vouchers worth RM120



- Five (5) lucky pledgers with the most interesting photo and captions will be chosen every month from April 2014 till April 2015
- Winners will be announced and prizes will be given out monthly

**PLEDGE NOW**





# Congratulations!

To winners of the contest

# #100QualityMoments

for the month of **October and November**

## First Prize Winner



**Jovinia Yong** (right) from Kepong

## Second Prize Winner



**Chee Woon Khen** (right) from Kepong

## Third Prize Winner



**Thangaraja Perisamy** from Semenyih (represented by Suresh Kumar, left)

Hurry!  
You still can  
win exciting  
prizes!

## Consolation Prize Winner



**Shobana Dayvan** from Puchong (represented by Sathesh Kumar, left)

Stand a chance to win exciting prizes in just three simple steps:

- 1 Visit the  **Facebook Positive Parenting** (<https://www.facebook.com/positiveparentingmalaysia>)
- 2 Click on  **apps**
- 3 Upload a picture of your quality moments with family

For enquiries, please contact the Secretariat at **03 – 5632 3301**

## Other winner:

**Consolation Prize Winner:** Chris Tang from Penang



# Positive Parenting

## Malaysia's Pioneer Expert-Driven Educational Programme

Initiated in year 2000 by the Malaysian Paediatric Association (MPA), the Positive Parenting programme offers experts advice and guidance by key healthcare professionals from various Professional Bodies in the field of child health, development and nutrition, teen issues as well as family wellness.

We understand the challenges parents face in raising a child and that is why we bring together expert organisations through this programme via its many activities to support you throughout your journey.

It is our vision to bridge the gap between the healthcare professionals and parents to empower you with unbiased, accurate and practical information.

Together, we can give our children the best start in life to ensure a brighter future.

### Key activities of PP

#### • Positive Parenting Guide:



Published quarterly, it is distributed through a network of healthcare professionals in private and government clinics and hospitals as well as selected kindergartens nationwide.

#### • Website:



[www.mypositiveparenting.org](http://www.mypositiveparenting.org): One-stop digital portal with hundreds of articles, recipes and easy access to paediatricians.

#### • Facebook:



Follow us on Facebook to gain access to the latest parenting tips and updates from the Experts.

#### • Talks and Seminars:

Have questions to Ask the Experts? Join us in our Positive Parenting seminars featuring some of the nation's top Parenting Experts!



#### • Educational press articles:



Look out for our dedicated 'Positive Parenting' columns every fortnight and monthly in Malaysia's leading English, Bahasa Malaysia and Chinese newspapers.

### ~ Our Collaborating Expert Partners ~



Positive Parenting Programme is supported by an educational grant from:

Main sponsor



Positive Parenting is a non-profit community education initiative. Companies wishing to support us or wish to collaborate with the programme are welcome to contact the Programme Secretariat.

Tel: 03 56323301 E-mail: [parentcare@mypositiveparenting.org](mailto:parentcare@mypositiveparenting.org)  
[www.mypositiveparenting.org](http://www.mypositiveparenting.org)