

Positive Parenting

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Is Your Child Ready to Face The World?

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Treating Clubfoot



Datuk Dr Zulkifli Ismail

Chairman, Positive Parenting Management Committee and Consultant Paediatrician & Paediatric Cardiologist



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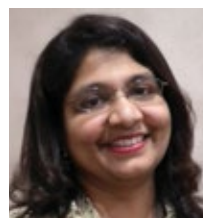
“Parental awareness
and education
is vital in raising
healthy children.”



Dato' Dr Musa Mohd Nordin
Honorary Treasurer, MPA and Consultant
Paediatrician & Neonatologist



Dr Mary Joseph Marret
Consultant Paediatrician



Dr Rajini Sarvananthan
Developmental Paediatrician



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“Healthy eating habits
and good food choices
must be cultivated
from young.”



**Professor Dr Norimah
A Karim**
Honorary Secretary, Nutrition Society of
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Professor Dr Poh Bee Koon
Nutritionist



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good start in life.”



Dr H Krishna Kumar
Consultant Obstetrician & Gynaecologist
and Past President, OGSM



Malaysian Psychiatric Association
www.psychiatry-malaysia.org

“Mental health is
a key component in
every child's total
health and well-being.”



Dr Yen Teck Hoe
Consultant Psychiatrist



**Associate Professor
Dr M Swamenathan**
Consultant Psychiatrist



National Population and Family
Development Board Malaysia
www.lppkn.gov.my

“Strong families are
central to raising
children with values
and principles.”



Dr Anjali Doshi-Gandhi
Deputy Director-General (Policy), LPPKN



Malaysian Society of Clinical
Psychology
<http://malaysiaclinicalpsychology.com/>

“If a child cannot learn in
the way we teach, we
must teach in a way the
child can learn.”



**Associate Professor
Dr Alvin Ng Lai Oon**
Clinical Psychologist



Persatuan Pengasuh Bondaftar Malaysia
Association of Registered
Childcare Providers Malaysia
<http://ppbm.org/>

“Early childhood care
and development helps
children grow and
discover their potential.”



P.H. Wong
President, PPBM



Malaysian Mental Health Association
<http://mmha.org.my/>

“Mental health and
resilience starts with
the family.”



Malaysian Association of Kindergartens
<http://www.ptm.org.my/contact.html>

“A quality preschool
education prepares
children for formal
schooling and lifelong
learning.”

Preparing Your Child's Mind, Body and Soul

Lots of kids (and of course their parents!) are very anxious about the start of this strange new experience that is school. Both the excitement of growing up and the sadness of watching our kids become more independent intertwine in a deadlock of mixed emotions. Experience helps to ease transitions but change can still be stressful on our little ones. Patience and understanding on the part of the parent goes a long way in helping children learn how to approach new situations with confidence – a skill that helps them make successful transitions throughout their lives.

Therefore, this issue of Positive Parenting will be looking to focus on what parents can do to help prepare their child towards facing the many challenges of school. Our 3-part feature article for example, will touch on how you can help foster and train your child's mental, social and physical readiness for school. And, our experts will also be talking about the stresses a school-aged child experiences and what parents can do to alleviate them. Additionally, our experts will help parents understand the dangers, benefits and what it means to live as a child in this borderless age of social networking.

You will also find many other interesting articles, especially regarding child health, where we will be updating you on the latest in dengue treatment and prevention as well as discuss the treatment of clubfoot in children. I would also encourage you to read through an article discussing whether or not playing mind-improving games (chess, sudoku, etc.) can actually train your child's brain. You can expect these and many other intriguing topics like the evolving role of the father and what you can do if sleep eludes your child.

Therefore, we sincerely hope that you will enjoy reading through this issue and that its expert-driven content will give you a progressive insight as you journey towards becoming better, more positive parents for your children.



DATUK DR ZULKIFLI ISMAIL

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President, Asia Pacific Pediatric Association (APPA)

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Is Your Child Ready to Face The World?



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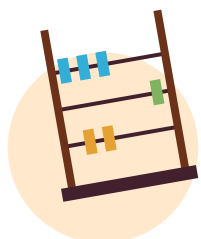
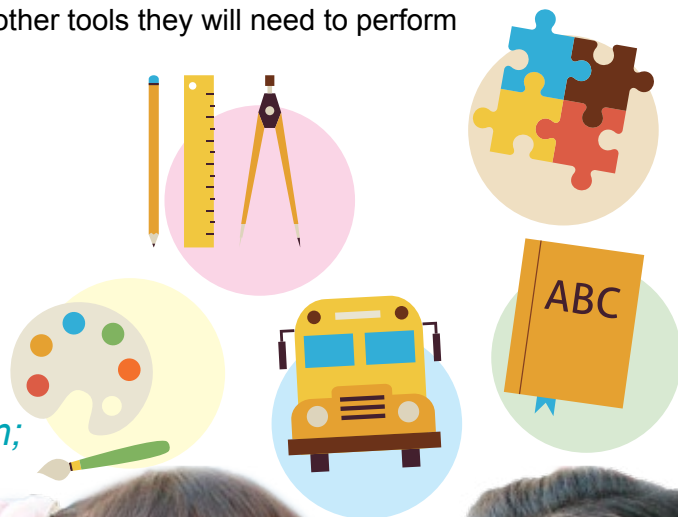
School, it's the next stage in your child's life which will have a significant impact in moulding their interests, ability, identity, personality, social connections, etc. – the things that make them who they are. This part of their life is crucial as it provides the first glimpse of the real world which is full of unknowns, a scary notion for some but an exciting opportunity for growth nonetheless. Being able to cope and transition well to school will give your child the edge they need to excel in life up into adulthood.

Needless to say, the leap towards school requires mental, physical and social preparedness which can be taught and instilled pre-emptively at home starting as young as infancy. As parents, it is your duty to ensure that your child is prepped and equipped with these and other tools they will need to perform their best and reach their full potential.

Your Child's Mental Readiness for School

Hour-long classes at a time, strange, new people and places, unfamiliar routines and rules, diverse learning concepts and responsibilities, risk of ridicule and rejection; for most first-time school goers, their fear comes from the thought of the unknown.

However, a child who is prepared mentally can better cope with these changes. The most important aspect for a child in being mentally prepared for school is parental support – which starts at home. Children of responsive and involved parents are more likely to perform better in school and it also influences a child's ability to cope with failure and pressure; this in turn, affects their classroom behaviour.



Here are a few tips you can practice with your child to help him/her be mentally ready for school:

Set up a daily routine

Help children establish a regular routine to get ready for school. Don't forget to also practice regular bedtime hours with enough sleep. Having a routine makes children cooperate better, reduces their anxiety, builds their confidence, and also teaches them how to be more independent and responsible.

Talk to your child about school

Discuss the positive things they can expect at school (i.e. make new friends, learn new things) and be open to listen to their stories. Answer all the questions they have about the school, teachers, etc. Reassure them that everything is going to be fine and that you will be there for them if anything happens. The more informed your child is about this new experience the better. Avoid making negative and/or counter-productive remarks about school meant to scare the child (i.e. you will be caned by the teacher for misbehaving or for not doing homework).

Tour the school

Visit the school together beforehand a few times. At orientation day (which most schools have these days), ask to be shown the places that are important to your child and their settling in process i.e. the toilets, where to eat, the principal's office, the school stationery store, etc.

Listen to your child

Encourage them to take all concerns and needs to a grown-up and not be worried to speak up about anything. Let your child know that what she thinks and questions is valued. If possible, it would be good for you and your child to get acquainted with the class teacher before the school session starts.



Teach and reinforce positive behaviours and skills

Teaching children social skills, problem solving, and conflict resolution is conducive to good mental health. Many of these values can be taught by appointing certain age-appropriate responsibilities at home, unstructured play time activities and encouraging social participation. You can also ask questions and set up opportunities to provoke your child to think. Refrain from interrupting or belittling their concerns/problems/ideas/opinions. Show an authentic respect for their comments. Eventually, your child will have a stronger sense of self-worth and approach challenges with more confidence.

Be physically active and healthy

Healthy eating habits, regular exercise and adequate sleep protect kids from the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.

Mental preparation can go a long way in helping your child to adjust. Alongside social and physical readiness (which my colleagues will explain further in this feature), you may give your child an added advantage over his/her friends and peers. Having sound fundamentals early will help pave the way for your child to have a more meaningful, enriching and productive school and overall life experience. **PP**



Bringing Up A Socially Sound Child

A very important way to get your child to be ready for the world is by having socialisation or friendship skills. Socialisation skill is one of the categories of basic adaptive behavioural skills that are crucial for children to learn as they grow up. Other adaptive behavioural skills include; communication skills, daily living skills and motor movement skills.

While teaching children to communicate (i.e. receiving and expressing information), take care of themselves, have domestic skills and safety knowledge (e.g. stranger danger, crossing roads, home address and emergency phone numbers) are crucial, friendship skills and social etiquette are also equally important.

A Friend in Need is a Friend Indeed

Friendship skills usually stabilize around the age of 10 where the concept of 'best friends' becomes stronger. Research has found that having close friends as a child helps to buffer against stress which stems from significant life events the child goes through. Close friendships help to build social competence and confidence in children as

they grow up. Having a healthy amount of friends increases self-esteem and reduces risks of anxiety and depression in children.

Look, Listen & Learn

Typically, developing children learn the basic rules of social etiquette by observing and modelling adults in how they socialize (e.g. greeting, small talk, listening, responding, regulating and expressing emotions, inquiring and laughing). However, some children may need further guidance in modelling after adults as they may have some deficits in understanding social cues. Furthermore, some adult behaviors are not appropriate and could lead to harm if children were to model them (e.g. rudeness, littering, swearing, hostility and aggression).

It is very important for parents to observe and guide their children in making and keeping friends. Parents should also live by example for their children to be good, honest citizens. We cannot assume that children will think like adults in understanding social cues/ signals, and making social decisions or solve problems. Failure to intervene when a problem does occur puts the child at risk of being socially isolated, lose social connections or worse, being bullied.

Play, Have Fun & Make Friends!

Play skills are also important because it is an essential part of friendship-forming. Furthermore, young children are more likely to make friends during play than they are in a random conversation because their main language is play.

Knowing how to play involves communicating clearly, taking turns, following rules, creativity, collaborating, problem-solving, mutual respect, and many other micro-skills that help to maintain friendships. Play is a great way of teaching these skills because play is fun and these skills help to extend play. It is very important that you emphasise playing for fun rather than to win. Teaching children to play for fun helps them become collaborative adults rather than competitive ones that tend to be aggressive in friendships.

Choose Friends Wisely

Good friends help your child harness positive values, morals and qualities. Furthermore, they will become less superficial as teens and popularity will less likely influence them in making friends because they know what is more important. It is essential that children be taught the value of kindness and gentleness in selecting friends. They too should be kind to others as this helps them gain respect. This gesture should also be extended to play where sportsmanship and fair play is a good attitude to have.

Communication is Key

Apart from kindness and gentleness, the ability to communicate well is very important in making conversation and entering a play session. At the same time they need to learn how to end or



exit a social situation appropriately. Practising conversations and joining play with adults and other children should be something parents encourage in their children. You should also actively guide children in daily social interaction such as etiquette or manners.

Resolving Conflict

With any kind of friendship, there will be disagreement and rejection. These are situations that require skills and children should learn these skills as soon as they start making friends, so that they are able to handle social conflicts appropriately. Given that children are also exposed to bullying, it may be useful to teach them how to recognize and handle bullying as well.

It is common to hear people say that you cannot be too kind to others otherwise they will take advantage of you. However, research has shown that kindness trumps being selfish, as long as you learn from your mistakes and not mix with people who tend to take advantage of kindness. It is healthy for children to learn this the hard way, so that they become more sensitive and selective in choosing friends.

By being equipped with friendship and play skills, your child will be better prepared to face the world growing up. It provides them with a sense of self-confidence in social connections. Furthermore, if problems do arise, they will know what to do to solve it. **PP**



Being Physically Prepared For School

A child's physical development is more than their height, weight and/or build, it also has a lot to do with other aspects of our child's body movements. For example, as a child reaches their schooling years (typically 6 or 7 years old), they learn the ability to use writing, drawing, and art tools, including pencils, markers, chalk, paint brushes, and various types of technology which is part of their fine motor skill pool.

Their gross motor skills, on the other hand, may include the ability to have control and balance in walking, climbing, running, jumping, hopping, skipping, marching, and galloping, just to name a few.

Much of these are learnt through structured and unstructured activities and other experiences during kindergarten, preschool or at home with you.

These skills are important in their formal schooling years and will be used quite often and some may even be a precursor for them to perform better athletically in sports or other physical activities. You should also try and keep track of your child's physical growth from time to time by measuring their BMI-for-age.



Help your child to be prepared physically for the challenges he/she will face at school by providing:

Good nutrition – Food provides energy and the proper nutrition for your child to grow and realise his/her full potential. So prepare a balanced diet with at least 3 meals a day. Breakfast is the most important meal of the day as it provides the energy a child needs to stay focused, improves memory and reduces risk of illness, in addition to other benefits. You can use the Malaysian Food Pyramid for Children as a guide on how to prepare a balanced meal which is moderately portioned and full of nutritious variety.



Health and safety awareness

– Teach them the importance of disease prevention activities (e.g. hygiene, dental care, or sex education) and encourage a healthy lifestyle from young by enforcing good habits (i.e. avoid smoking and/or drinking alcohol irresponsibly).

Enough rest and sleep – Children aged 6-13 need 9-11 hours of sleep. At this age however, there is an increasing demand on their time from school, sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers and the internet as well as caffeine products. Adequate sleep is important especially for children because it directly impacts their mental and physical development.



Plenty of motor skill training

– As parents, you should not only focus on your child's writing and reading, but also help them with learning simple gross and fine motor skills (as above). Children with poor motor coordination and balance often have difficulties focussing in class, have shorter attention spans and are fidgety in their seats.

Suffice to say, physical skills are important for school readiness. It provides them with the confidence to participate in activities because they know they can perform a particular task without feeling overly awkward or intimidated. Aside from teaching your child or encouraging them to be more physical, you should also set a good example at home. After all, parents are every child's primary role model.

Nevertheless, if you think your child has a physical growth problem/disorder (e.g. hyperthyroidism, dwarfism and growth hormone deficiency) or are concerned about his/her development in general, be sure to consult a doctor/specialist immediately. **PP**

Lots of exercise – Your child should get one hour or more of moderate physical activity on most or all days of the week. They should also participate in several bouts of physical activity of 15 minutes or more each day and avoid periods of inactivity of 60 minutes or more unless sleeping. Limit screen time to not more than two hours per day. Play catch, do some gardening or just ride a bicycle together each evening. Children who enjoy sports and exercise tend to stay active throughout their lives which helps to improve their self-esteem and reduce the risk of chronic illnesses later in life (e.g. obesity, high blood pressure, diabetes, and heart disease).

Child Development

- Skills
- Socio-emotional
- Problems
- Physical Activity

Helping Your Child to Manage His Stress

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

Stress is not a uniquely adult experience – even young children can be subject to all kinds of stress, such as parental expectations for a child to perform well in academic and non-academic activities. There is simply no way to eliminate stress and neither should it be viewed in a completely negative light. After all, it is only in adversity that your child will be able to grow and develop. The key is to be on hand to support him when he needs you, and to know when to let him work things out on his own.

As your child expands his social sphere, he will come into contact with more people and he may be exposed to more situations that he may find stressful.

Did you know?

Depending on how your child reacts to it, stress can be either positive or negative. Positive stress provides your child with the energy or motivation to do better but negative stress will have the opposite effect. Remember, every child handles stress differently, for instance, one child may be excited by a ride on a roller coaster while another may break down and refuse to go on the ride.



Signs of stress

Your child may not know when he is feeling stressed and even if he does, he may not be able to adequately convey his feelings of stress or frustration to you. As parents, you will need to be alert to changes in his behaviour that come about as a result of his stress. The most common signs include:

- irritability or moodiness,
- withdrawal from activities that he used to enjoy,
- frets or worries more than usual,
- abrupt behavioural changes where he becomes more clingy/withdrawn, quieter/more outspoken, aggressive or any other departure from his usual behaviour,
- more physical complaints such as recurrent headaches / stomach aches, change in appetite, bedwetting,
- the presence of physical complaints in the absence of illness.

Take note that negative behaviour does not necessarily mean that he is facing excessive stress. It is however, a clear indication that there is something wrong. Should you see any such behaviour emerging, it means you need to pay attention and come up with an appropriate response to his behaviour.



How Parents Can Help

Regardless of the cause, stress can build up over time and end with your child displaying inappropriate and unwanted behaviours, make it difficult for them to focus on learning or even manifest as health problems. As a parent, you need to keep track of his behaviour to pinpoint the cause(s) of his stress. By reviewing recent events, you can take appropriate measures to help your child.

Here is what you can do to help your child to cope:

- **Encourage him to use positive self-talk** – it's easy for your child to repeat negative thoughts to himself. Teach him to replace his negative thoughts with positive ones. Children have a tendency to mimic adults, so take care not to verbalise negative self-comments in front of him such as "I'm such an idiot for misplacing my keys!" You may be surprised by how much negative self-talk you use, so make it a point to practise positive self-talk at every opportunity.
- **Teach him to break things down** – chances are your child will be stressed whenever he has to perform a task. Guide him by teaching him how to break them down into smaller and more easily managed steps. Taking baby steps will help him to overcome any fears he may have about his ability to start or complete his task.
- **Focus on his efforts rather than the results** – just remember that no one is perfect. Anxiety and worry are just some of the feelings that he may feel. At times like this, you should be more supportive and emphasise that everyone makes mistakes and that it is a part of life. This is an excellent opportunity to teach him that it is what he does next that counts, i.e. admitting his mistake and taking the appropriate corrective action.
- **Let him take some time out** – all work and no play makes Jack a dull boy – everyone needs a little break from the daily grind, even children. Many children are often subject to not only academic and extracurricular activities in school but also to supplementary classes out of school hours and during weekends. Keep an eye on him and whenever he seems stressed or flustered, it is time for a break from his routine. Find activities that you know he enjoys or even new ones which can be relaxing.
- **Teach him how to stay calm and focused** – help him find a way to centre himself and keep calm such as listening to music, taking a walk, jogging, yoga, or anything positive that works. Do try to avoid depending on electronic gadgets as the disadvantages will probably outweigh the benefits.

Not all stress is bad

Despite the negative connotations of stress, moderate amounts can actually be good. It serves as a form of motivation that will keep your child striving for excellence in whatever he embarks on. The key to preventing stress from overwhelming him is in successfully managing his response to stress. You will find that this is a very useful skill that will serve him well into his adulthood. Lastly, if you have done everything you can yet your child's stress still continues to be a major concern, please seek the services of a trained professional such as his paediatrician, a psychologist, or a child psychiatrist if need be. **PP**

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Kids & Sleep

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

Did you know?

Too much of a good thing can be bad – studies have shown that oversleeping regularly can increase the risk of diabetes, obesity, headaches, back pain, depression, and heart disease.

Sleep plays an important role in brain development in children and young adults and it is crucial that they get enough sleep for their brains and bodies to grow and develop. Research has shown that sleep is crucial for alertness and many other key functions in school-going children.

Our children now have very hectic schedules. Not only do they have additional classes to help them cope with and supplement academic learning, there are sports lessons, music lessons and the homework they may have to catch up with in the evenings. This hectic schedule means that at the end of the day, their tired bodies and brains need to recharge, and the best way to do this is by getting sufficient sleep. The challenge here is to help your child to 'switch off' and be mentally ready for sleep at bedtime. Do read on for some tips on how you can achieve this.

A study on children aged 7-11 years old showed that extending their sleep time by around half an hour led to marked advancement in handling their emotions the next day. On the other hand, by reducing their total sleep time, the opposite effect was observed.

Why does your child need his sleep?

You may have noticed that whenever your child doesn't get enough sleep, he not only feels tired but may also be unable to focus on the tasks he has to carry out. In addition, he will likely be very irritable, prone to emotional outbursts, have difficulty following directions, or he may argue with you over something inconsequential.

Studies have also shown that sleep deprivation leads to deficits in cognitive performance, which includes poorer memory, reflexes, and attention. However, as these cognitive deficits tend to accumulate over time, kids

who run short of sleep now may remain unaware of it. You should do your part to ensure that your child gets sufficient sleep as this will ensure that he performs better academically, cognitively, and emotionally.

Bear in mind that taking naps or sleeping in during weekends are not viable solutions as they will not ensure that your child functions at his optimum level. Nothing can substitute regular and sufficient sleep.

What happens during sleep?

A typical sleep cycle consists of two alternating states of sleep, namely non-rapid eye-movement (NREM) sleep and rapid eye-movement (REM). Over the course of a night's sleep, your child will go through several sleep cycles. As he progresses through these cycles, his body undergoes certain physiological changes.

NREM sleep is characterised by four distinct stages.

In Stage 1, he will fluctuate between wakefulness and being asleep, or he may be dozing lightly. Stage 2 begins when he becomes disengaged from his surroundings, his breathing and heart rates become more regulated and his body temperature drops. Stages 3 and 4 are the deepest

sleep stages and they allow his body to recuperate from the day's activities. During these stages, his blood pressure drops, his breathing slows, his muscles become relaxed, his body supplies more blood to his muscles (thus allowing tissue growth and repair), and his energy is replenished.

REM sleep typically happens around 90 minutes after your child falls asleep. It then repeats every 90 minutes or so and occurs for longer stretches later in the night. During REM sleep, his brain is active and dreams may occur. It is often accompanied by the trademark rapid movement of his eyeballs darting back and forth. His body remains immobile and relaxed with his muscles lax. REM sleep helps his brain and body to replenish its energy in preparation for the day ahead.

Sleep helps regulate the levels of certain hormone such as ghrelin and leptin. Both hormones regulate feelings of hunger and fullness, thus sleep deprivation may lead to eating in excess, which in turn may lead to weight gain.

The secretions of melatonin and growth and thyroid hormones are also influenced by sleep. Melatonin helps induce sleepiness and is influenced by the light-dark cycle (i.e. light suppresses it). Growth hormone is typically secreted during the first few hours of sleep while thyroid hormones are secreted later.

How much sleep is enough?

Children require differing amounts of sleep according to their age, and it is recommended that you follow the guide provided below in order to ensure that your child gets sufficient rest:

0-1 month old: total sleep time (daily) = 15-16 hours

Newborns will typically sleep between 2-4 hours at a stretch for a total of about 15-18 hours a day. Expect your own sleep rhythm to be disrupted at this point as newborns sleep patterns do not follow the usual day/night cycle.

1-4 months old: total sleep time (daily) = 14-15 hours

At around week six, your baby will start to develop a more regular sleep pattern. He may sleep between 4-6 hours and sleep more in the evening.

4-12 months old: total sleep time (daily) = 14-15 hours

During this time, you should try to establish healthy sleeping habits in your child. He would typically have three naps a day, which should be reduced to two when he is 6 months old. Nap times should last an hour or two and can be taken in the morning (around 9am), afternoon (around 2pm), and late afternoon (between 3pm-5pm). By the time he is 6 months old, he should be able to sleep through the night.

1-3 years old: total sleep time (daily) = 12-14 hours

Nap times can be reduced to an early evening nap lasting between 1-3½ hours long. Bedtime should be by 9 pm and they should be awake between 6am-8am.

3-6 years old: total sleep time (daily) = 10-12 hours

Depending on your child, naps may or may not be required. Should he still want/need a nap, keep it short. Maintain the same bedtime/wake-up time.

7-12 years old: total sleep time (daily) = 10-11 hours

During this stage, ensure that your child goes to bed by 9pm, in order to ensure that he gets sufficient sleep for the coming day.

12-18 years old: total sleep time (daily) = 8-9 hours

Sleep is just as crucial for teenagers as it is for younger children. Ensure that your teenager gets at least 8-9 hours of sleep daily in order to ensure that his health and well-being do not suffer.

Don't neglect his sleep

As parents you need to keep in mind that your child needs his sleep. If you have a young child, helping him to develop good sleep habits can be challenging at first, you will be glad that you took the time to get it right as the benefits will continue into his adulthood. Never underestimate the importance of getting enough sleep.

Here are some useful tips for developing good bedtime routines:

- **Keep bedtime consistent** – if you decide on 9pm as your child's bedtime, do not deviate from it significantly. Maintain the same time every day and you will find it easier to put him to bed. Similarly, keep wake-up times consistent too.
- **Wind things down before bedtime** – even adults need a transition period to get ready for bed. An effective way to get your child ready for bed is to have a short period of between half an hour to an hour filled with relaxing activities just before bedtime. That means no vigorous play and no gadgets, TV or computer games.
- **Establish a bedtime routine** – a simple routine can be getting your child to brush his teeth, reading him a book, and then putting him to bed. Regardless of what routine you pick, stick with it. The important thing is to have a predictable routine that he will associate with sleep.
- **Restrict after-dinner intake** – keep your child away from too many sweet treats or foods/drinks that may contain caffeine. Having a sudden jolt of foods high in sugar or caffeine will make him more alert/active before his bedtime, so limit his intake of candies, sodas, ice cream, etc.

Lastly, don't forget to ensure that he gets enough physical activity throughout the day. **PP**

An educational contribution by



Malaysian Paediatric Association



MIND GAMES

For Your Child

By **Assoc Prof Dr Alvin Ng Lai Oon**, Clinical Psychologist and Founding President of the Malaysian Society of Clinical Psychology (MSCP)

A vital part of a child's growth is their cognitive development. 'Cognitive' refers to anything that involves mental processing such as perception, learning, memory, logical reasoning, decision-making, problem-solving, language development and creativity.

Academic skills are only a small subset of mind development because formal education in schools tend to be rigidly tied to a fixed curriculum that do not necessarily tap into other areas of cognitive development.

Any mental development meant for children should be more holistic and go beyond formal schooling. This is where extra-curricular activities can help with facilitating academic abilities and other mental or mind-development components.

What are Mind Games?

Basically, any activity that facilitates or triggers thinking that involves problem-solving, reasoning, memory and creativity can be called a mind game. They can also include social and emotional reasoning games because socio-emotional development is very much tied to cognitive development.

Think of mind games as the scaffolding structure to your child's learning. As your child learns new knowledge from formal learning or vicarious (casual) learning, she needs to climb higher to get more knowledge and understanding. These scaffolding of cognitive abilities help her climb higher in the realm of academic knowledge (e.g. such as reading, writing, calculating, memorising, organising, planning ahead, sequencing, and following rules).

The use of mind games to cultivate mental development in children has to be age-appropriate and progressive. This way the skills learnt can benefit real-life learning/applications.



What Type of Mind Games Are Best?

Typical examples of mind games are memory games and puzzles. Memory games are usually the simplest as they require children to memorise a certain picture, number or symbol. Some memory games also require strategizing where children need to remember sequences in order to win the game. So memory games may look simple but can involve many other components of cognition.



From pen and paper puzzles (e.g. Sudoku) and manual puzzles (e.g. Rubik's cube) to digital application puzzles (e.g. tablet or smartphone games), there are all sorts of puzzles to be played. Classic games such as **card or board games** that utilise dice and perhaps fake money help children to count by heart. Some of these card and board games also require the players to strategise their play to win. In strategising, children learn to be creative in problem solving.

Apart from problem-solving in physical or numerical logical reasoning, other mind games may use more verbal reasoning such as **word games, anagrams, riddles, and Scrabble-like games**. They help improve vocabulary, comprehension and the use of language while improving cognitive abilities in processing words or language-related activities. These games could have real-life applications for children especially in school because it can facilitate their speed of learning.

While typical puzzles involve direct problem-solving activities, some puzzles can be more indirect in that they require more social and emotional input in decision-making or reasoning. A simple example of this is the '**matching occupations**' game which involves role playing to guess each other's occupation. Games with social stories can be used in recognizing and managing emotions, as well as social problem-solving.

These **social reasoning games** are best played with **a friend**, so that actual interaction can occur and help provide social feedback for play and self-regulation. These types of games also help in forming friendships that strengthens self-esteem, self-efficacy and confidence in children. Even non-social games that are played in a multiplayer setting help to facilitate social skills in children.

It is important for mind games to be made applicable to daily life activities such as social situations, economic pursuits, and environmental issues so that children learn the value of their cognitive abilities, in relation to their role as individuals in society. This helps instil a better sense of belonging, self-efficacy and general psycho-social well-being. As parents, it is your duty to explain to your child how skills from the game can be applied to real life.

These days, it is very easy to obtain mind games online but you should also ensure that your child is exposed to manual games which help train their motor movements as well. See a professional psychologist or specialised educator for help if you are unsure of how to use mind games for your children. **PP**

A clinical psychologist is a professionally qualified mental health professional who practices within the field of clinical psychology. Clinical psychology is a specialist field within the discipline of psychology where practitioners are trained to conduct psychological assessments of feelings, behavior and thoughts to contribute to understanding a psychological disorder and to diagnose it. Clinical psychologists are also trained to conduct psychological interventions on individual or groups living with psychological disorders or related problems such as intellectual disabilities, and learning disabilities. It is important to note that not every clinical psychologist can address every psychological issue or disorder because no one's training is possibly that wide. Be careful with psychologists who claim to be able to assess and treat a wide variety of disorders and have a very long list of credentials. If in doubt, do check with the Malaysian Society of Clinical Psychologists (MSCP).



An educational collaboration with



Family Wellness

In partnership with  LPPKN

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

Are You Ready for Baby?

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

Starting a family is a big decision to make and while there are many challenges that await you, the rewards can be highly satisfying. It is also important that men take the trouble to learn more about their pregnant spouses' situation.

The following step should involve plenty of communication between the spouses – sit down and talk to each other about your expectations, to prevent any problems later on due to misunderstandings.

It is important that the roles of husband and wife be discussed and agreed upon beforehand. Remember that no detail is too small; after all, your day-to-day life is about to change profoundly!



Growing pains

Your spouse's body will undergo many changes during pregnancy, with the most obvious being a growing belly along with some weight gain. However, there are many other changes that are happening behind the scenes and when they are taken in totality may have unexpected or surprising outcomes such as bigger breasts, more lustrous hair, nails growing more quickly, a 'pregnancy glow' or a sudden rash of pimples, stretch marks, or swollen feet.

These changes are caused in large part by the hormone human chorionic gonadotropin (HCG) or better known as the pregnancy hormone. If you have ever made use of a pregnancy test kit, this is the hormone that it looks for. In addition to HCG, there are other hormones that will affect her as well, such as luteinizing hormone (LH) and follicle stimulating hormone (FSH). These hormonal changes are the reason for all the emotional changes in your spouse during her pregnancy.

This potent cocktail of hormones means that your spouse may be on an emotional roller-coaster, so please bear with her during her pregnancy. She may experience periods of fatigue, morning sickness, mental fuzziness, or be worn out. She may also be moody and display irrational bursts of emotions ranging from euphoria to inexplicable bouts of crying. You will need to make allowances for her during this trying and tiring period. Be on the lookout for depression as roughly 1 in 10 pregnant women suffer from it. Be sure to talk to her doctor about any concerns you may have.

It takes two to tango

Spread the workload – the father-to-be should play a more active role during her pregnancy, i.e. accompanying her during visits to her doctor, shopping together for baby items, helping to prepare your home for baby, etc.

Do make an extra effort to help out more at home since her pregnancy will

limit what she can do in terms of housework. Be more supportive of your partner – if you smoke, now is a good time to quit. It is also a good idea to go for healthy meals and exercise together during your partner's pregnancy.

For the pregnant mother, know your limits – pregnancy does not make you an invalid, but you should also start delegating household chores to your partner. In addition, take extra care of your health – you now have your unborn child's health to consider as well. That means no smoking, drinking alcohol, or any physical activities that may affect your pregnancy.

Did you know?

The old adage 'eating for two' is often misinterpreted. It is true that you do need to increase your intake of vitamins, minerals, fibre, calcium, protein, iron, etc. However, it is not necessary to eat twice the amount you normally take. Your nutrition during pregnancy is important, so make it a point to get an expert's advice – talk to your doctor or a nutritionist for a clearer understanding of what and how much you should eat.

Don't neglect your emotions

As a parent-to-be, it is crucial to prepare yourself emotionally for baby. You will have about nine months from the time you learn about your pregnancy to accept that, your family is about to grow and to prepare for it. Learn as much as you can and remember to work with each other.

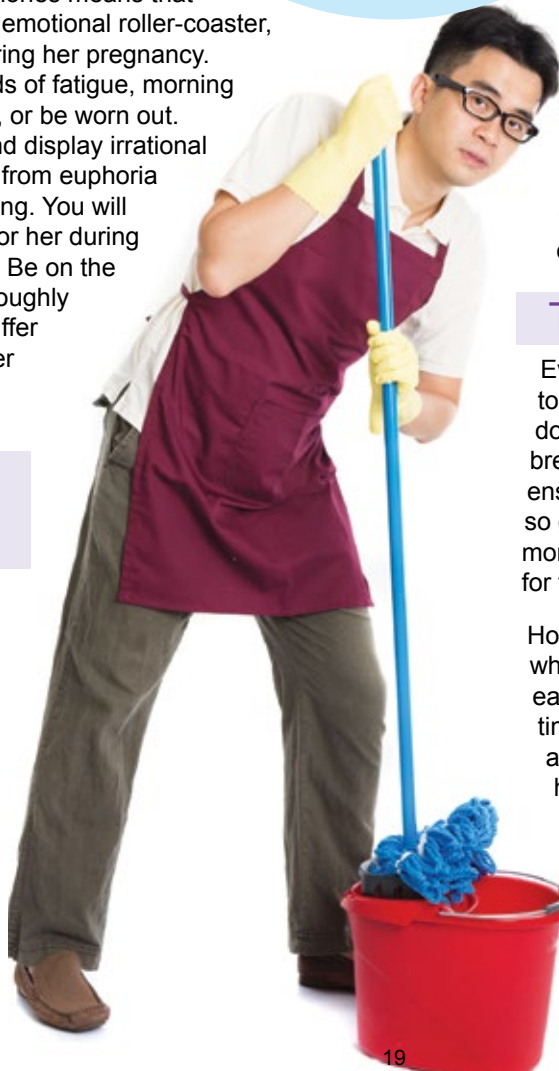
Communication is the key so take the time to sit down and talk with each other about your expectations, worries, fears, etc. This is also the time to revise household chores and responsibilities.

Make your plans early to avoid uncertainty when it is time for delivery. This includes where you will have baby and how you intend to deliver (natural birth, C-section, etc.)

Take some time out

Everyone needs a little alone time, so be sure to allocate some time from your busy schedule, doing things that you like. Taking an occasional break is a great way to deal with stress and ensure that you do not burn yourself out. Doing so gives your body and mind a break from the monotony of everyday life, thus reinvigorating you for the days ahead.

However, do arrange for date nights once in a while. It's crucial to keep things going between each other, so take the trouble to set aside some time for the both of you. Go out for dinner, see a movie, or just take an afternoon away from home to reconnect with each other. **PP**

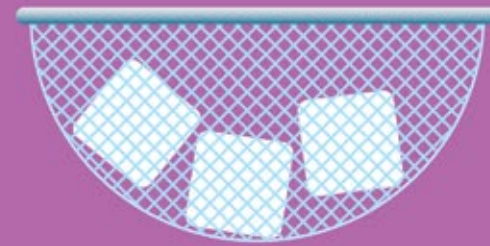


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Obstetrical and Gynaecological
Society of Malaysia

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The Art of Fatherhood

By **Assoc Prof Dr M Swamenathan**, Consultant Psychiatrist



While there is no 'one size fits all' approach for fathers to follow, there is little doubt on the importance of being a hands-on father in all aspects of raising a child.

After all, fathers play an equally crucial role as mothers in shaping the development of their child's social-emotional, cognitive, language, and motor skills. Studies have shown that fathers who play an active role both early and often in their child's life, help to enhance their child's development.

As a father and husband, there are many aspects to be involved with, beginning from the news that your spouse is pregnant and lasting for the rest of your life. Just like any other relationship, the value of your involvement lies in the quality of your interaction rather than the amount of time spent. For instance there is little value in spending time with your child if you are sitting beside him while playing with your electronic gadgets, thus ignoring him.

By investing time in your child, you will help ensure that he grows up to be a more emotionally secure and confident child, who will also be less likely to get into trouble, be it at home or in school.

From the start

As a father, you should not shy away from handling your newborn or infant. By providing your baby with high levels of affection (you can do this by playing and responding to his cries), he will quickly form a strong attachment to you. In fact, it is best to start interacting with him even during pregnancy – you can talk, sing, or even ‘play’ with him by touching your spouse’s belly, in the later stages of pregnancy.



Fatherhood and academic development

Several studies seem to support the idea that children whose fathers are more involved in their upbringing do better in school. The same study also suggested that time spent playing with children during their infancy can lead to kids with higher IQs and better linguistic and cognitive abilities.

Upon entering school, these children are more receptive to lessons, more patient, and better equipped to handle the stresses and frustrations of schooling, when compared with children whose fathers were less involved.

You should also be aware that the benefits to your child’s academic achievements and, his social and emotional development are not limited to toddlers or young children but extends into his adolescence and adulthood.

Steps you should take

So what should you be doing? There are several important aspects that you need to be aware of, namely:

- **Keep a positive relationship with your spouse** – how you treat her sets an example to your child, so be sure that you show her respect and love. Children who grow up in an environment where they watch their mother being mistreated or abused are more likely to treat their own spouses the same way, when they are adults. They also suffer from a higher risk of depression and may be more aggressive. In terms of health, the stress created by parental conflict may suppress their immune system, thus leading to health problems.
- **Spend quality time with your child** – this allows you to bond with your child and get

to know each other better, thus giving you a better grasp of his emotional state. You play a unique role in his development but this is best done with active and physical activities, such as playing badminton or football instead of passive activities like watching TV together. This will greatly help with his emotional well-being, social development, and physical fitness.

- **Teamwork fosters closer ties** – when it comes to household chores, try doing them together with your child. This allows you to spend some quality time with him while instilling him with a sense of responsibility
- **Encourage your child’s intellectual growth** – make the effort to stimulate his mind by reading to him, meeting with his teachers, or any other activity that focuses on his academics/ intellectual ability.

Don’t be afraid to show that you care

No matter how busy you are, make it a point to set some time aside for your child – most children see the time you spend with them, as an indicator of your love for them. There is nothing wrong with showering your child with care and attention, particularly with newborns or babies. As a father, you should be responsive to a baby’s cry.

Take every opportunity to bond with your baby by holding or hugging him as often as you can. Don’t leave all the basic care such as feeding or changing diapers to mum – step in to do your part as often as you can. Your nurturing may not be as openly expressive as mum’s, but it is just as important. After all, the parenting ‘workload’ should be shared between both parents. **PP**

An educational collaboration with



Malaysian Psychiatric Association

The Hard Facts of Constipation

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

Constipation is a common gastrointestinal complaint amongst kids. It occurs when a child has fewer than three bowel movements a week, has trouble with his bowel movements, or if his stool is hard, dry, and unusually large. However, it can be a challenge to deal with constipation even though it is very common amongst children.

What Causes Constipation

While there are many possible causes, the most common cause of constipation is linked to diets that lack enough water and fibre. These two components are crucial as they help ensure proper bowel movement.

Other possible causes include the following:

- **Holding it** – your child may refuse to ‘go potty’ for a variety of reasons such as wanting to spend more time playing, feeling uncomfortable to use toilets (especially public toilets), feeling embarrassed to ask an adult to bring him to the toilet, or simply as a way to exert his will.
- **Medication** – if your child’s doctor prescribes him any medication, be sure to ask if it can cause constipation and if you should take any special precautions to prevent it.
- **Change of routine** – once your child has established a routine, breaking it can lead to constipation. If you are planning a family vacation, be sure to take his potty schedule into account as well.
- **Once bitten, twice shy** – if your child has experienced painful bowel movements, he may try to avoid a repeat by not going to toilet at all. However, withholding stool causes it to build up in his colon which makes his stools larger and harder (as the colon will continue to absorb water from it) thus, making it more difficult (and painful) for him to have a bowel movement later.
- **Stress** – New research has shown a link between a person’s emotional state and the state of their digestive health, e.g. emotional upsets can trigger constipation or diarrhoea.



Recognising Constipation

The only way to know if your child is constipated is to monitor his stools and the frequency of his bowel movements. If you have an older child, he may also be constipated if he complains of pain during bowel movements or difficulty with defaecation.

The Bristol Stool Chart – a useful tool that helps you determine if your child's stool is normal.

Complications








Remember that constipation is not a normal situation. If your child is constipated over a long period of time, it can lead to complications such as rectal bleeding, haemorrhoids (a painful condition caused by swollen blood vessels in the lower rectum and anus), and faecal impaction (the formation and collection of dried, hard stools in his rectum and anus).

Preventing constipation

Here are some things that you should consider:

- **Introduce fibre in his diet** – this means that he should eat a balanced diet that includes whole grains, fruits and vegetables. The Malaysian Dietary Guidelines for Children and Adolescents recommends two servings of fruits and two servings of vegetables for children between 3 to 6 years old. You can offer him more wholegrain or wholemeal breads, unpolished rice, high-bran cereals, and high-fibre biscuits. Beans, legumes and nuts are also good sources of fibre.
- **Increase fluid intake** – do ensure that he drinks sufficient fluid, especially when he is active or unwell – children between 2-3 years old should drink 1-2 glasses of plain water per day while children above four years should consume 6-8 glasses per day. Remember, this should be practiced daily and not only when constipation is suspected.
- **Encourage regular “toilet time”** – teach and encourage him to use the toilet regularly. You may need to schedule a time (e.g. after meals) when he sits on the toilet for a few minutes once or even twice daily. Praise him if he passes motion but do not punish him if he does not.
- **Patience and understanding** – lastly, but most importantly, keep your cool during toilet learning. Take it in your stride whenever he has ‘accidents’ as it is not intentional. This is a learning process for him and should not be a struggle.



Bristol Stool Chart	
Type 1 	Separate hard lumps, like nuts (hard to pass)
Type 2 	Sausage-shaped but lumpy
Type 3 	Like a sausage but with cracks on its surface
Type 4 	Like a sausage or snake, smooth and soft
Type 5 	Soft blobs with clear-cut edges (passed easily)
Type 6 	Fluffy pieces with ragged edges, a mushy stool
Type 7 	Watery, no solid pieces. Entirely liquid

Did you know?

Your child's gut microbiota is established during his first few years of life and gradually becomes more diverse as he ages. There is growing evidence that an imbalance of the gut microbiota results from some disease conditions. This can be prevented by ensuring that certain aspects of the gut microbiota are cared for, e.g. prebiotics and probiotics. In this manner, your child's health can be maintained or even improved in the course of preventing or treating illnesses.

Prebiotics can help increase bacterial mass and helps the gut to retain some osmotic water-binding capacity. In this way, your child's stool weight increases, thus ensuring sufficient bulk and softness, which may help relieve constipation in children.

Don't forget to ensure that he gets at least an hour of moderately intense physical activity daily (such as brisk walking or cycling) as it helps with the movement of food through his digestive system.

Remember, it is best to prevent constipation by ensuring that your child has healthy eating habits and gets enough physical exercise than to suffer the many difficulties associated with constipation, both for your child and you. **PP**

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Keeping Your Child

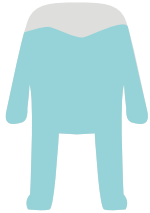


HYDRATED

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

Our bodies consist of

60%
water



We lose about
3-4 litres
of fluid a day
through:



sweat

breathing

urine

bowel
movement

Children 2 to 3 years
old should drink

1-2



glasses of water each day

Children 4 to 18 years
old should drink

6-8



glasses of water each day

FLUID FACTS

Drinking water increases

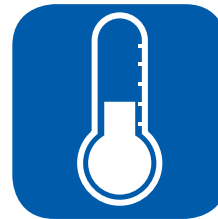
metabolism

which helps burn calories
faster thus could help your
child lose weight

Water also helps:



Maintain cell
integrity



Regulate body
temperature



Aid digestion



Carry nutrients &
oxygen to cells



Keep skin supple

Water helps produce
saliva that keeps the
mouth & teeth healthy

WHAT IS YOUR CHILD DRINKING?

Plain Water



- Zero calories
- Good for cleansing the body
- Have your child drink plenty throughout the day

Fruit Juice



- Contains vitamins & minerals
- Contains natural sugar from the fruit
- Serve to children occasionally

Milk



- Useful source of nutrients like protein, vitamin B and calcium
- Serve to your child regularly especially at breakfast
- Serve milk as a snack to replace other sweetened beverages.

Carbonated Soft Drink



- Contains a lot of extra calories without any added nutrients
- Also contains a lot of added sugar
- May contain caffeine which isn't recommended for children
- Can be consumed occasionally in small amounts



Tea & Coffee

- Caffeine is naturally present in coffee and tea
- Children should avoid caffeine
- Tea is good but should be prepared using less sugar and condensed milk
- Serve occasionally in small amounts



Cordial Drinks

- Provides calories from added sugar, they contain little, if any, nutrients
- Drink occasionally in small amounts, but avoid if possible
- Examples include syrup or fruit flavoured cordial such as lychee, grape etc.

TIPS TO HYDRATE YOUR CHILD

- Have them drink more plain/mineral water
- Start and end your child's day with a glass of plain water
- Your child gets nutrients from meals, so don't fill them up on fluids too much especially before mealtimes.
- Make carrying bottled water to school a habit.



- Drink at regular intervals throughout the day
- Children who are active or exposed to hot weather should rehydrate more frequently.
- Children don't need isotonic/energy drinks. Plain water will suffice even after intense physical activity.

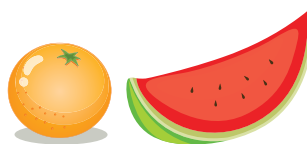
HAVE FUN HYDRATING



Serve beverages in colourful, fun-shaped glasses or use crazy straws.



Let your child pick their own water bottles to bring to school or daycare



Certain foods contain lots of water that can help hydrate your child (e.g. watermelon, orange).



Naturally flavour plain water with lime, lemon, or orange.

Fantastic FIBRE

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

Dietary fibre is the edible parts of the plant that cannot be digested or absorbed in the small intestine. It passes into the large intestine mostly intact. Your child needs about 20-30 g of dietary fibre per day.

BENEFITS OF FIBRE FOR YOUR CHILD



Helps maintain a healthy weight



Prevents constipation



Helps maintain gut health



Lower risk of developing type 2 diabetes



Promotes growth of "good" bacteria



Regulates various properties of the immune system

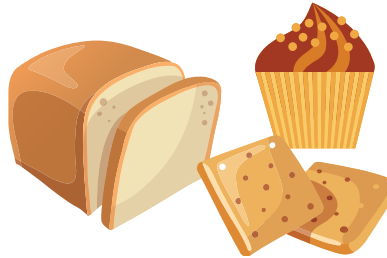


1 cup = 200 ml
Fibre content may vary according to brand

Cooking Your Child A **HIGH FIBRE** Meal



Use brown rice and whole grain pasta or noodles in daily cooking.



Use wholemeal flour in your child's favourite breads, muffins, or cookies.



Add wholemeal flour to thicken soups and gravies instead of corn flour.



Coat chicken or fish with whole grain cereals, wholemeal bread crumbs or oats.



Introduce whole grain foods in children's diet beginning at 9 to 12 months old.

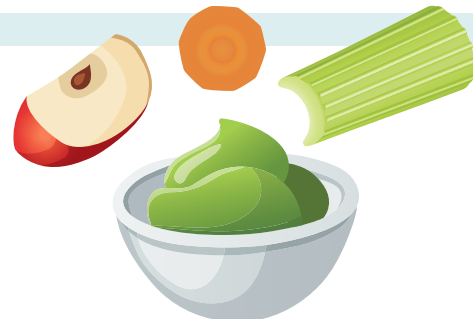
Nutrition Facts	
Amount Per Serving	
Calories 85	Calories from fat 4
% Daily Value	
Total Fat 0g	0%
Cholesterol 0mg	0%
Protein 0g	0%
Vitamin A	5%
Fibre	30g

When eating store-bought foods, check the nutrition information labels & aim for at least 5 grams of fibre per serving.

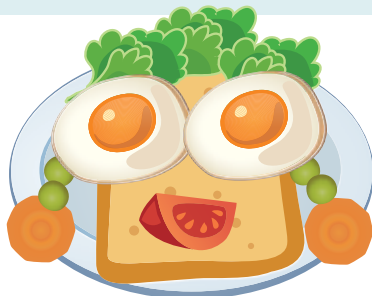
FIBRE & FUN MAKE EATING FIBRE EASY & FUN



Fruits (e.g. banana or berries) and nuts (e.g. almonds or hazelnuts) can also be mixed in with desserts like yoghurt.



Combine fibre foods with your child's favourite dip (e.g. fruit/ vegetable dressings)



Decorate your child's plate to make eating fruits, vegetables and grains fun!



Use fibre foods to add texture or colour to meals.

An educational collaboration with



Nutrition Society of Malaysia

100-Calorie Snacks

Few hours to meal time and your child is asking for something to munch on. Unhealthy and high calorie snacks may lead to weight gain and also affect his appetite. Here are two examples of light snacks that you can prepare for your little one to fill his growling tummy.

Cheese Ring Biscuits

(30 pieces)

Ingredients

250 g (2 cups) wheat flour, sieved
125 g (1/2 cup) margarine
1 egg
75 g (5 tbsp) icing sugar
15 g (3 tsp) baking powder
160 g (1 cup) finely grated Cheddar cheese

Method

1. Preheat oven to 190°C. Grease a baking tray.
2. Cream margarine and icing sugar until light and fluffy. Add egg and cream well.
3. Fold in flour, baking powder and grated cheese. Mix gently until dough is formed.
4. Roll out dough to about 3 mm thick. Use a 6-cm diameter serrated cutter, cut out into circles. Place a 2-cm serrated cutter in the middle of pastry circle and cut out to form a ring. Place rings onto trays.
5. Bake for about 15 minutes in the pre-heated oven.
6. Serve hot.



Nutrient content per piece	
Calorie 80 kcal	Carbohydrate 8.6 g
Protein 1.9 g	Fat 4.2 g

Meat Patties

(10 pieces)

Ingredients

60 g (1/4 cup) lean beef, ground and half steamed
90 g (1 medium-sized) potatoes, boiled and mashed
1 egg, slightly beaten
1 stalk spring onion, chopped
Oil for shallow frying
Salt and pepper to taste



Method

1. Mix beef and potatoes together. Add salt, pepper and spring onion.
2. Shape into firm patties.
3. Dip patties into egg mixture.
4. Immediately place patties into a pre-heated pan and pan-fry with low heat until golden brown. This is to ensure the patties do not turn burn before they are well-cooked.
5. Place cooked patties on kitchen paper to absorb excess oil.
6. Serve warm.

Nutrient content per piece	
Calorie 34 kcal	Carbohydrate 2.0 g
Protein 1.6 g	Fat 2.2 g

Recipes courtesy of "Nutritionists' Choice Cookbook, Vol 1: Healthy Recipes for Your Little Ones" by Nutrition Society of Malaysia. To purchase this recipe book which includes 100 recipes, please email: president@nutriweb.org.my

An educational collaboration with



Nutrition Society of Malaysia

Congratulations!

To winners of the contest

#100QualityMoments

for the month of **October and November**

First Prize Winner



Julia Johari (right) from
Kuala Lumpur

Second Prize Winner



Bevy Chin (left), represented by
Adeline Michelle from Butterworth

Consolation Prize Winner

Third Prize Winner



Norziela Anuar (right) and family
from Putrajaya



Queenie Wong (left)
from Sri Kembangan

Consolation Prize Winner



Dr Bavani Naido
(right) from Klang

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"The swallowing reflex is not fully developed in children of preschool age (6 years and below) and they may inadvertently swallow toothpaste during brushing."

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Mild



Moderate



Severe

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What's New In Our War Against Dengue?

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

Every year, 390 million dengue infections are recorded, of which 96 million manifest clinically. More than 70% of the global disease burden is in Asia, specifically the Western Pacific Region. Malaysia ranks first among countries in the Western Pacific in terms of the number of reported dengue cases.

Dengue is transmitted by the bite of a female *Aedes aegypti* mosquito infected with any one of four serotypes of the dengue virus.

Public Enemy #1, Aedes!

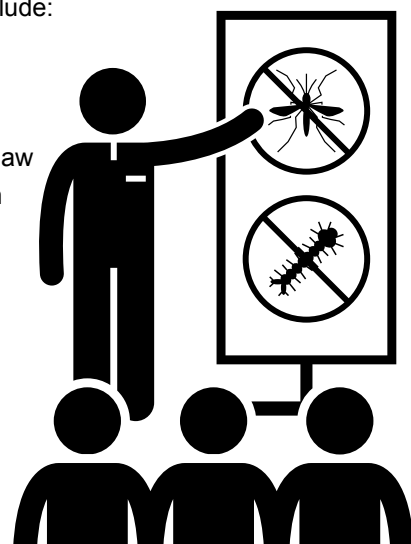
Name	<i>Aedes aegypti</i> formerly <i>Culex aegypti</i>
Origin	Sub-Saharan Africa
Sex	Female mosquitoes, she needs the protein in blood to help her eggs develop Male mosquitoes, they do not bite or spread disease as they do not have the mouthparts to bite
Offense	Vector for dengue fever, yellow fever, Chikungunya, West Nile etc.
Modus operandi	Blood sucking bite
Flight range	≈400 metres from place of birth
Speed	1.6 to 2.4 km/hour
Reproduction	100-200 eggs per batch, ≈5 batches per lifetime
Lifespan	1-2 weeks, they live longer in temperate regions



Our Arsenal

Various control methods have been used over the years to help curb the spike in dengue cases nationwide, as underlined through the nation's Strategic Plan for the Control and Prevention of Dengue. These include:

- Larviciding
- Fogging
- Enforcement of law
- Public education and awareness campaigns



Despite all this, dengue cases continue to rise. This has prompted the exploration of new and innovative control methods/technologies, some of which are:

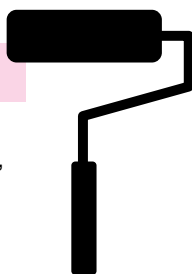
1. Genetically modified sterile mosquitoes

The male *Aedes aegypti* (OX513A) mosquito strain developed by the Institute for Medical Research (IMR), Malaysia and Oxitec has a self-limiting genetic element. When female *Aedes aegypti* mate with the OX513A male mosquitoes, any offspring will die, hence preventing the emergence of the next generation of adult mosquitoes. The released sterile male itself will also die. The first open release trial was conducted at an uninhabited area in Bentong, Pahang in 2010 but nationwide implementation is still pending. This has apparently been deemed too expensive for nationwide implementation.



2. Mosquito repellent paint

Kansai Coatings Malaysia Sdn Bhd launched a mosquito repelling paint in 2014, said to be the first in ASEAN countries. The water-based paint they developed uses synthetic insecticides to repel mosquitoes.



More recently, IMR announced that it too had developed an anti-mosquito wall paint. The paint, mixed with the insecticide deltamethrin, would not only repel but also kill mosquitoes that come into contact with walls coated with it. IMR is currently looking for interested manufacturers to help produce it.

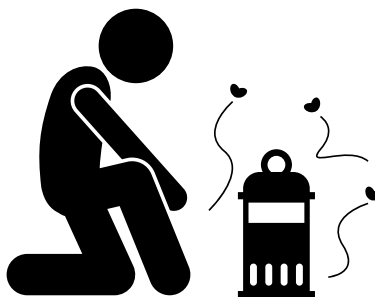
3. Mosquito Repellent App

KIL-DENGUE is an app that was introduced in July this year by the company New Wave Communications Sdn Bhd who developed the software alongside IMR. The app uses specific sound waves to repel the *Aedes* mosquito and tests have demonstrated the app to be up to 75% efficacious. You can download the app at Google Play or Apple App Store for about RM10. The technology of using sound waves to deter mosquitoes is not new and the science behind it is anything but comprehensive. However, many consumers worldwide who use sound wave repellent technology say they work just fine.



4. Mosquito traps

One of the latest industrial inventions in mosquito traps involve the use of human-mimicking attractants such as odour, light, CO₂, heat and even sound. Made for both large-scale and household use, these devices lure, trap and kill mosquitoes with varying degree of effectiveness. Various simple home made mosquito traps were discussed



in our last issue (Vol.3). In exploring different dengue vector control options in high-risk residential areas, local authorities in Pulau Pinang, Selangor and Putrajaya have embarked on a pilot project to test the effectiveness, impact and viability of this new technology.

5. Dengue vaccine

Sanofi Pasteur completed their final landmark phase III efficacy study of its dengue vaccine candidate successfully. Results showed a 95% efficacy against dengue haemorrhagic fever, 80.3% reduction in the risk of hospitalization and an overall significant reduction of 60.8% of dengue disease cases in children and adolescents 9-16 years old after a three-dose vaccination schedule given 6 months apart. The vaccine may be available in Malaysia sometime late next year.



Though these new methods are promising, we shouldn't abandon our self-reliant actions against dengue. Continue doing your part to help keep your family and the community safe by:

1. Ensuring that there are no mosquito breeding grounds in your area
 - Discard unwanted containers that can hold water
 - Ensure that water tanks and containers are covered with lids
 - Ensure that flowerpot plates and water catchment containers are drained at least once a week
 - Ensure that roof gutters are constantly flowing
2. Taking steps to protect your family from bites:
 - Install window mesh/screen.
 - Apply mosquito repellent cream on skin when going outside
 - Wear brightly coloured clothing with long sleeves and pants while outdoors
 - Use mosquito coils, spray and electric mosquito repellent when necessary
 - Avoid outdoor activities when *Aedes* mosquitoes are most active (i.e. 5.30-8.30 am and 5.30-8.00 pm) **PP**

An educational contribution by



Malaysian Paediatric Association

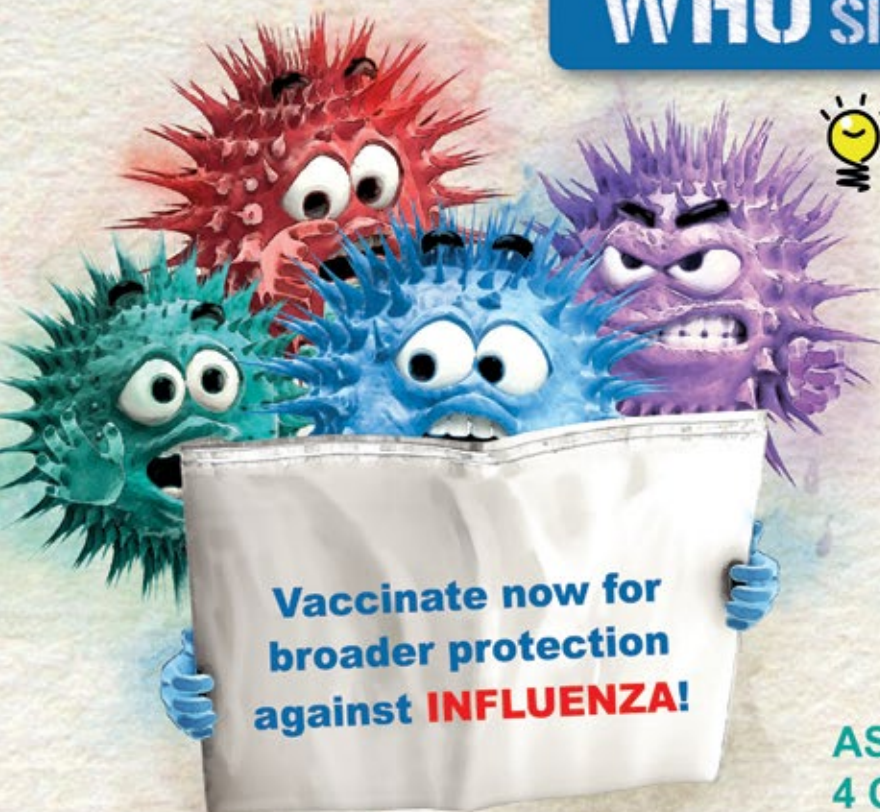


UPGRADE YOUR **FLU** DEFENCE

INFLUENZA: KNOW THE THREAT

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

WHO SHOULD BE VACCINATED?



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

It is especially important for these **high risk groups** to be vaccinated:¹

- 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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Treating Clubfoot

By **Prof Dr Sharaf Ibrahim**, Clinical Professor & Paediatric Orthopaedic Surgeon

What is Clubfoot?



It is a congenital deformity involving one or both feet. The affected foot is turned inwards. About 1 in 1000 babies is born with clubfoot. Children with untreated clubfoot will have pain and difficulty in walking throughout their lives.

The cause of clubfoot is largely unknown. It may be the combination of a few factors acting together (e.g. environment and genetics). Nevertheless, with treatment, the vast majority of patients recover completely during early childhood and are able to carry on normally with their lives.

A newborn with clubfoot

Casting of an infant with clubfoot

How is Clubfoot treated?

The Ponseti Method is now a widely accepted treatment option because of its reliability and effectiveness (9 out of 10 are successfully treated). Treatment usually starts within the first week of birth and consists of weekly manipulation and plaster casting of the foot.

On average 5-7 casts are needed although some babies with stiffer feet may need a longer period to obtain correction. Even with casting, the heel-cord tends to remain tight in most babies and will need to be cut (tenotomy). After tenotomy, a cast is applied for another 3-4 weeks.

After cast removal, boots and bar (foot abduction orthosis) are worn for at least 23 hours a day (except during baths) to maintain the corrected position. Full time use of the boots is advised for the first 3 months and then only worn at night or during sleep/nap time until they reach walking age (9-15 months old). Night time use until the age of 4 years is recommended. Compliance is essential as the deformity may recur with inadequate splinting.



Boots & bar to maintain correction and prevent recurrence



Clubfoot can be corrected.
No child should be left
untreated

Rest assured, your child is very likely to be successfully treated using the Ponseti Method. Minimal or no surgery is necessary, except in the most complicated cases. Talk to an orthopaedic surgeon as soon as possible if your child has clubfoot.

A 'before' picture of a 7-year old child with clubfoot & an 'after' picture of the same child after treatment



The 1st Malaysian World Clubfoot Day celebration attended by parents, children and paediatric orthopaedic surgeons.

The World Clubfoot Day is celebrated annually around June 3rd as a tribute to Dr Ponseti. The first World Clubfoot Day in Malaysia was held in Kuala Lumpur on 30 May 2015. Organized by Mrs Zarinawati Saad and other parents of children with clubfeet, they have created awareness and provided support for many Malaysian parents. They can be reached through their blog (clubfootmalaysia.blogspot.com). **PP**



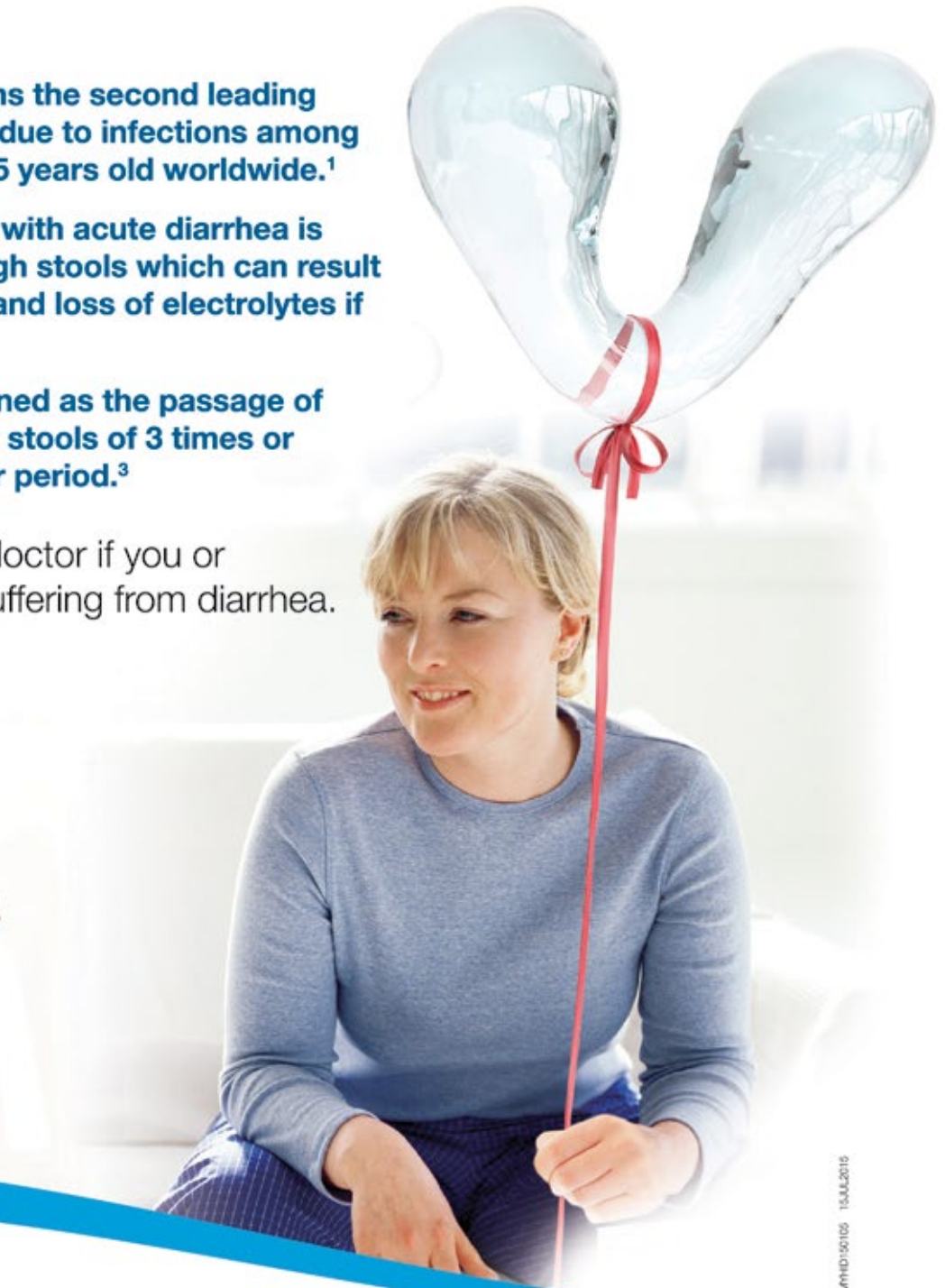
Control fluid, control diarrhea

Diarrhea remains the second leading cause of death due to infections among children under 5 years old worldwide.¹

The main issue with acute diarrhea is fluid loss through stools which can result in dehydration and loss of electrolytes if left untreated.²

Diarrhea is defined as the passage of loose or watery stools of 3 times or more in 24-hour period.³

Consult your doctor if you or your child is suffering from diarrhea.



References:

1. Lanata C.F. et al. PLoS One 8(9):e72788
2. King CK, et al. MMWR 2003; 52 (RR16):1-16
3. Guidelines on the Management of Acute Diarrhea in Children 2011. College of Paediatrics, Academy of Medicine of Malaysia, Malaysian Paediatric Association.

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The Dangers of Dehydration in Children

By **Datuk Dr Zulkifli Ismail**, President of Asia Pacific Pediatric Association (APPA) & Chairman of Positive Parenting Management Committee

Dehydration is what happens when one's body lacks sufficient fluids. It is a potentially dangerous condition, especially in the case of infants and small children. As parents, you should exercise extra caution to ensure that your child does not suffer from dehydration and its ill-effects.

The Dangers of Dehydration

As parents, you must be mindful of the fact that severe dehydration can lead to death. This is caused by the sudden and copious loss of water and electrolytes from your child's body. Due to their smaller size, infants and young children are particularly vulnerable to any sudden losses.

The World Health Organisation (WHO) has data that shows dehydration (especially when caused by diarrhoea) to be one of the biggest causes of deaths in children around the world – this figure is estimated at around 2.2 million children worldwide.

What Causes Dehydration

The most common causes include:

- vomiting
- diarrhoea
- fever
- illness (possibly a viral infection that results in decreased ability to drink or eat)
- prolonged exposure to hot environments

Many common viral or bacterial infection can cause these conditions, such as rotavirus, norovirus, adenovirus, *Salmonella*, or *Escherichia coli*, just to name a few. There have even been cases of parasitic infections (e.g. giardiasis, caused by *Giardia lamblia*) which causes diarrhoea and subsequently dehydration. However, you should be constantly on the alert and take immediate action if your child shows signs of dehydration.

When to Be Concerned

As parents, you should be keenly aware of your child's physical condition at all times, especially when he is suffering from any of the conditions mentioned (e.g. vomiting or diarrhoea). There will be some dehydration if he exhibits any of the following signs:

- ▶ rapid breathing
- ▶ increased heart rate
- ▶ restlessness and/or irritability
- ▶ lethargy/weakness
- ▶ poor skin turgor (pinching a fold of skin at the abdomen results in it returning slowly to normal)



- ▶ sunken fontanelle (in infants)
- ▶ sunken eyes
- ▶ lack of tears when crying
- ▶ wants to drink a lot of water (but may vomit), excessive thirst
- ▶ decreased urine output:
 - infants/babies – indicated by no wet diapers in a 6-8 hours period or diapers with a little dark-yellow urine
 - toddlers/older children – very little dark-yellow urine

What You Should Do

If your child has mild to moderate dehydration, you should ensure that he gets rehydrated as soon as possible. You can pick up oral rehydration solutions (ORS) from any pharmacy, and it should be used for rehydration as it contains just the proper combination of sodium and glucose to help the intestines absorb what the body needs.

He should also be fed with milk as usual and porridge if aged more than six months.

If your child has suffered from some dehydration, you should ensure that he takes more fluids to replace what he has lost.

The amount of ORS and/or milk to provide your child with within the first 4-6 hours after signs of some dehydration :

Your child's weight (kg)	3	4	5	6	7	8	9
Mild dehydration	135ml	180ml	270ml	315ml	360ml	405ml	450ml
Moderate dehydration	270ml	360ml	540ml	630ml	720ml	810ml	900ml

Your child's weight (kg)	10	11	12	13	14	15
Mild dehydration	495ml	540ml	585ml	630ml	675ml	765ml
Moderate dehydration	990ml	1L	1L	1L	1L	2L

For children below one-year-old, you can administer the ORS using either an oral syringe or a teaspoon. Older children (above one-year-old) can be given ORS in a cup – just let him take frequent sips over a period of time.

If your child vomits during this time, wait for about 10 minutes before you continue to rehydrate him – give him the ORS more slowly this time (e.g. one teaspoon or sip every 2 minutes instead of every minute). Give small and frequent feeds to ensure the dehydration is corrected. An intravenous line may be needed in hospital if oral rehydration fails.

The danger signs

If your child exhibits any combination of the following, please get him immediate medical care:

- Sunken eyes
- More pronounced skin turgor (pinching a fold of skin results in it returning very slowly to normal)
- Vomiting – either if his vomit is greenish in colour or if he vomits several times within 24 hours
- High fever – above 39.4°C
- The lining of his mouth/tongue is covered by dry or sticky mucous membranes
- He is very lethargic and is less active than normal (especially if he has difficulty waking up from sleep or lapses into unconsciousness)
- Infants/babies – very irritable (cries a lot for no apparent reason and/or is fussy to the point of being inconsolable). **PP**

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Food Poisoning

By **Dato' Dr Muhammad Radzi b. Abu Hassan**, Consultant Physician and Gastroenterologist

Food poisoning is what happens when your child ingests any food or drink that has been contaminated with bacteria or viruses. The damage is usually caused by toxins released by these microorganisms once they enter your child's body, which can cause vomiting or diarrhoea.

In most cases, food poisoning clears up on its own – however, in the event of a more severe case, you should know what to do for your child. The biggest danger of food poisoning is often dehydration, as the victim will lose a lot of fluids due to vomiting and/or diarrhoea.



Differentiating between intolerance, allergy, and poisoning

Your child may be experiencing vomiting or diarrhoea, typical symptoms of food poisoning, but is your child having just food poisoning or something else? It can be quite difficult to tell them apart.

In general, food intolerance is more common than food allergy. Both are different from food poisoning as they are related to your child's body reacting to a particular food type to which he is either intolerant or allergic to. Here are some clues to help differentiate between the three conditions:

Condition	Onset of symptoms	Cause	Duration of symptoms
Food intolerance	Usually slow and can be delayed by hours after the food is ingested.	Reaction by your child's body toward certain nutrients in the food, e.g. a child with lactose intolerance cannot properly digest milk, thus suffers from cramps and diarrhoea if he drinks milk.	Onset of symptoms occurs slowly (may be delayed several hours after eating the food he is intolerant to). Symptoms may last for several hours or possibly days.
Food allergy	Even small and/or trace amounts cannot be tolerated.	The body's immune system mistakenly identifies specific food(s) as a danger, thus triggering an immune response in the body.	Symptoms usually occur quickly and can range from mild to severe life-threatening reactions. Mild reactions include itching/swelling of the mouth or throat, hives or rashes on the body, and diarrhoea or vomiting. Severe reactions include breathing difficulties due to throat constriction.
Food poisoning	Varies depending on the type of organism that has contaminated the food; anywhere from 1 hour to 10 days or even longer.	Microorganisms such as: - bacteria (e.g. <i>Salmonella</i> , <i>Campylobacter</i>), - viruses (e.g. Norovirus), and - parasites (e.g. <i>Cryptosporidium</i>).	Varies depending on the causative organism; ranges from one day up to several months (depending on type and severity of the infection).

Do note that in the case of food intolerance or allergy, the foods in question are safe for consumption by anyone else who does not have the same intolerance or allergy to them, whereas in the case of food poisoning, the food in question has been contaminated and should not be consumed at all.

Recognising food poisoning

The signs and symptoms of food poisoning depend on the type of microorganism that has infected your child. You may have a child who starts to feel sick within a short time after consuming contaminated foods or drinks. On the other hand, he may not show any symptoms until several days later. While most cases of food poisoning clear up within the span of several days, make sure you stay alert to your child's physical condition and ensure that he is properly hydrated.

The typical signs of food poisoning include:



Less common signs and symptoms of food poisoning include dizziness, blurry vision, or tingling of the arms.

Treating food poisoning

In mild cases of food poisoning, it is often enough to ensure that your child receives sufficient fluids to prevent dehydration. While a mild case of food poisoning does not require medical attention, you should stay alert. Dehydration is the most common complication of food poisoning. As long as your child remains well hydrated and his condition improves, a trip to the doctor is not necessary. Do read the article "The Dangers of Dehydration in Children" on page 39 to learn more.

Ensure he gets plenty of rest and avoids solid foods until his diarrhoea or vomiting stops. Only then can you provide him with small portions of food that are bland with a low-fat and low-oil content, to prevent upsetting his stomach again.

However, if his condition deteriorates or does not improve over time, the best course of action is to take him to see his doctor or paediatrician. The more severe cases may require a round of antibiotics for treatment and if he becomes severely dehydrated, he may need to receive intravenous (IV) fluids.

Immediate attention needed

In the event that your child is suffering from a severe bout of food poisoning, he may exhibit some of the symptoms listed below:

- multiple bouts of vomiting – if he vomits several times within the last 12 hours
- diarrhoea accompanied with a high fever (above 38.3°C)
- severe abdominal pain or cramps which remain unrelieved by bowel movements
- blood in his faeces (regardless whether it is regular poop or if it is diarrhoea), this can show up as black, maroon, or bright red
- blood in his vomit
- his heart beat is skipping, racing, or pounding

These are all signs that indicate you should take him to see his doctor or paediatrician immediately. **PP**

Billions of Good Bacteria for a Healthy Digestive System

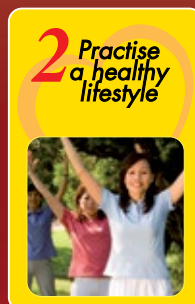
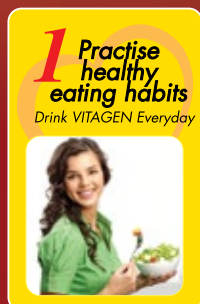
Why is your digestive health so important?

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!



Lactobacillus cultures (good bacteria)



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
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* Data from the Ministry of Health, Health Facts 2012.

** Data from the World Gastroenterology Organisation.

My Positive Teen

- Socio-emotional
- Conditions and Diseases



Social Networking: Keeping An Eye On Your Child

This article is a contribution of Yayasan Generasi Gemilang, a foundation committed to building a strong nation by raising an exemplary next-generation and strengthening families.

What is social networking & what is its true function?

While the terms social media and social networking are commonly used interchangeably, they actually mean two different things. Social media refers to content – things like photos, videos, and tweets – that are uploaded or published by the user. Social networking on the other hand, refers to an engagement process through a platform (websites, apps, etc.) to communicate and connect with others. So when we look at Facebook and Twitter as examples, both allow their users to upload content and engage with people, which is why they are both social media and social networking sites.

How to effectively monitor your child's use of social networking?

Set simple rules so that your children learn to use social networking sites responsibly. Discuss usage times, internet privileges and, very importantly, the consequences of breaking the rules. It's best to ensure that the whole family is present during the discussion so that parents and children are in agreement of usage and any consequences of abusing privileges.

Another useful way to monitor your child's social network usage is by becoming their friend on whatever social network they are on. Most children won't agree to it, but tell them you promise to not be intrusive. Refrain from commenting, chastising or scolding them publicly on the internet too. Because no one wants to add a parent who will embarrass them online right?

If your children are still young, spend time surfing the internet with them. Parents should be the one teaching and guiding them, just like how you would teach them to ride a bicycle at first. But ultimately, take time to understand their internet world and have daily conversations with them. Because no amount of monitoring can account for what they tell you when you have a good relationship with them.

How to prevent addiction to social networks?

Most people fall into addiction as the result of an imbalanced reality. Which is why it is important for your children to understand how to balance between socialising online and in the real world. Simple things like limiting your child's usage of their social networking profiles can actually help. But it doesn't end there, because when you

stop them from doing something, you need to introduce something equally as exciting for them. Plan a family activity, suggest reading a book, and get them to pick up new hobbies like learning to play a new instrument, or even ask them to organize an outdoor activity with their friends. This way, they focus on something else, something fun.

If they constantly feel the need to check their Facebook, Twitter or Instagram, talk to them about why they feel that way, because there might be an underlying issue and getting to the root of the problem will help them in the long run.

Cyber Bullying: What is it and how does it affect your child?

Cyber bullying is repeated threats or harassment via digital means. Imagine this, a young girl posts her selfie on Instagram and someone comments on the photo saying she's "ugly and should not even be born in this world". Some others follow suit and they start thrashing her account with hate comments. Comments like these can affect your child mentally and emotionally. By reading the comments repeatedly, she might start thinking that she's not liked by anyone, causing her to lose confidence in herself.

Children who are experiencing cyber-bullying might go through negative behavioural changes—things like not wanting to go to school, agitated emotions whenever they go online, fear of interaction with others and so on. If you notice these changes in your child, it should be a red flag that something's not right.

How to protect them & what advice can parents give their children?

Most people will say that the way to protect your child from being a victim of cyber-bullying is to educate them about it. Although this might be true to a certain extent, we usually recommend for parents to look at their relationship with their children. Why? Because educating your children will give them head knowledge, but having a good relationship with them shows them that the people who matter the most are the ones who love them for who they are. Having a good relationship also provides children with a platform where they trust and know that they can share their problems with their parents.

If your child is already a victim, they might not open up immediately in fear that you will react angrily at them and potentially revoke their digital privileges. This is when you need to assure them that you are always there for them while giving them ample time and space to talk to you. Ask your child to show you what happened and collect as much evidence so that you can get the appropriate people to handle the situation. It's not easy being a victim of cyber-bullying, so do support and journey with your child through it. This is not a quick fix. This can be a long

process and they will need you to be there for them, and sometimes, as a parent, mentor and friend all at once.

What if your child is the bully?

Revoking your child's internet privileges sends a strong message, but this is a form of correcting their behaviour and not directing it. What this means is, you need to speak to your child firmly about what they are doing instead of just telling them they're banned from using the internet. Parents need to remind their children that bullying is a serious issue and their actions can have severe consequences that they might not see. Get them to reflect on their actions, like how would they feel if they were being treated in the same way? If there was a conflict, help them address it by processing those emotions and hurts with them; you'll find youth and children often struggle in dealing with these issues all on their own. Moving forward, make it clear to your child that he or she needs to be a responsible person online and offline. This will ensure that they do not misuse and abuse their online privileges in the future.

The end game

We believe that family relationships are key in dealing with cyber issues of any kind in today's world. As we mentor our next generation to be positive and balanced users, ultimately, we ourselves are challenged to behave more responsibly online and offline. Children pick up on the behaviours and attitudes of parents; giving us reason to be consistent and positive role models in their lives. Building strong relationships with our children based on good values, principles and trust develops their character, helping them to make the right choices no matter what they face in the future - social networking included.

And again, as a reminder, it is up to us to define what footprints we leave behind for our children as a legacy. Both digitally and in reality. **PP**

About Generasi Gemilang

YAYASAN GENERASI GEMILANG (GG) is a foundation committed to building a strong nation by raising an exemplary next-generation and strengthening families. We believe that 'Love Transforms Lives'; therefore our work inspires hope in people and empowers them to live life to their fullest potential. These people are children, youth, families, schools, corporations and communities at large. Governed by a Board of Trustees, GG is based in the Klang Valley and conducts services throughout Malaysia. Formerly known as Persatuan Kebajikan Generasi Gemilang Kuala Lumpur dan Selangor, GG was incorporated as a foundation in December 2014.

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TOPICS & SPEAKERS:

- Using Positivity in Parenting
by Mr Alexius Cheang, Behavioural Psychologist
- Respectful Parents get Respectful Children
By Ms Aisha Zanariah Abdullah, Montessori Trainer

Sunday, 6th December
12.30pm - 3.30pm

TOPICS & SPEAKERS:

- Effective Parenting Strategies to Raise Children with Positive Behaviour
by Dr Alvin Ng, Clinical Psychologist
- Discipline Dilemma: Whose Problem Is It Anyway? Parents vs. Child
by Ms Ruth Liew, Parenting Columnist

FORUM:

- *Disciplining Your Children in the Modern Era: Which Method Works?*

Moderated by Datuk Dr Zulkifli Ismail, Chairman, Positive Parenting Management Committee

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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: 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? 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 ~



Nutrition Society of Malaysia



Obstetrical and Gynaecological Society of Malaysia



Malaysian Psychiatric Association



Malaysian Society of Clinical Psychology



Malaysian Mental Health Association



National Population and Family Development Board Malaysia



Malaysian Association of Kindergartens



Persatuan Pengasuh Berdaftar Malaysia
Association of Registered Childcare Providers Malaysia

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.

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