

Positive Parenting

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**Nurturing
Family
Wellness**

Breastfeeding While Fasting

Don't Cry Baby

Neonatal Circumcision

The 'Entitled' Child

Volume 1 • 2016
Family Wellness

Volume 2 • 2016
Nutrition & Healthy Living

Volume 3 • 2016
Child Health

Volume 4 • 2016
Child Development



Datuk Dr Zulkifli Ismail

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



Positive Parenting

expert
collaborators &
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www.mpaweb.org.my

“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



Nutrition Society of Malaysia
www.nutrivweb.org.my

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



**Professor Dr Norimah
A Karim**
Honorary Secretary, Nutrition Society of
Malaysia and Nutritionist



Professor Dr Poh Bee Koon
Nutritionist



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“A healthy pregnancy
gives your baby a
good start in life.”



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



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



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



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“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



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<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.”



Dato' Dr Andrew Mohanraj
Consultant Psychiatrist



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

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

Wellness, A Valuable Family Asset

As parents, of course our family's wellness comes first. We want to care for and nurture the type of love, understanding and health that is essential in any family structure. Unfortunately, the fast pace and hectic lifestyle we are all accustomed to these days seem to have eroded our family values and affected our well-being. It's easy to blame the situation when you haven't even tried to figure out a solution. So let's take a step back to look at the way we live our lives; is there something we can change, do or improve on that would make things better?

Fortunately, there is, and in this issue our experts will explain how you can do exactly that – nurture your family's wellness. The 3 part-feature, for example, will explain what total wellness is, what you can do to improve your family's physical well-being as well as how to conquer other dimensions of wellness.

Additionally, we will address the controversial issue of using epidural during delivery while also answering some of the more frequently asked questions by concerned mothers on whether fasting while breastfeeding is right for them. This is timely as the month of Ramadhan approaches. We also have some tips for moms on how to prepare wholesome meals followed by a must-read piece on understanding food labels to make better dietary choices.

In our Child Health section, we will explore meningitis, hives and the importance of keeping your child's gut healthy. Also on the same section is an article on food intolerance and an interesting piece on newborn circumcision not to be missed. We also have some mouth-watering fish recipes for you to try at home. Try it yourself and tell us how it turned out by posting your comments on Positive Parenting's Facebook page at [Facebook.com/positiveparentingmalaysia](https://www.facebook.com/positiveparentingmalaysia)

Finally, I 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

Chairman, Positive Parenting Management Committee
Secretary-General, Asia Pacific Pediatric Association (APPA)



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Nurturing Family Wellness

Families face major issues – everything from depression and anxiety to substance abuse and medical problems. Despite all of these challenges, families continue to be one of the most important sources of support, affection and meaning in people’s lives. If a family is to function effectively, the overall wellness of the family should be nurtured and cared for.

What is ‘wellness’ and which part of it do we need to emphasize on? The World Health Organization (WHO) defines ‘wellness’ as “...a state of complete physical, mental, and social well-being and not only about the absence of a disease.” There are six dimensions to wellness and each is interrelated and all are equally vital in the pursuit of optimum health.

Hence, family wellness is when everybody’s needs in the family are met according to these dimensions and there is a balance between one’s personal goal, and his/her contribution to the well-being of other family members.



Dimensions of Wellness:

Emotional Wellness

Emotional wellness is about self-esteem, self-care, self-control, and persistence towards achievements and goals. It is important that the family be attentive to both positive and negative feelings and be able to understand how to handle these emotions.

Occupational Wellness

The enrichment of life through work, and its interconnectedness to living and playing. Though this may be more about the parents, children are also affected by the milestones they achieve at school or in sports. A personal sense of pride over a job well done. This is also related to financial stability and provides hope for a better future.

Physical Wellness

Overall physical wellness encourages the balance of physical activity and nutrition to keep everyone in the family healthy. When families are aware of their physical health, members can achieve their full potential in life and work together to improve weak elements.



picture from http://www.nationalwellness.org/?page=Six_Dimensions

credit to Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), USA

Spiritual Wellness

Spiritual wellness can be defined through various factors including religious faith, values, ethics and morals. It is important because it lets us find meaning in life and helps define our individual purpose. It provides the compass in our lives.

Intellectual Wellness

Intellectual wellness encourages creative and stimulating mental activities, and sharing knowledge and skills with others. Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies.

Social Wellness

Social wellness refers to the relationships we have and how we interact with others – not just with those in the family. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around us.

In this feature, my colleagues, Dr Tee and Assoc Prof Dr Alvin will elaborate further on how you can nurture the various pillars of family wellness. The most important thing to remember is that the family – and not the individual person – which is the basic building block of the community and thus of society as a whole. Therefore, as parents, it is important that you work to develop, improve and maintain all these pillars of wellness to the best of your abilities so that each member (including you) may enjoy a healthy, prosperous and fulfilling life. **PP**

Nurturing Family Wellness

Good Nutrition and Fitness - Key to Healthy Families



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

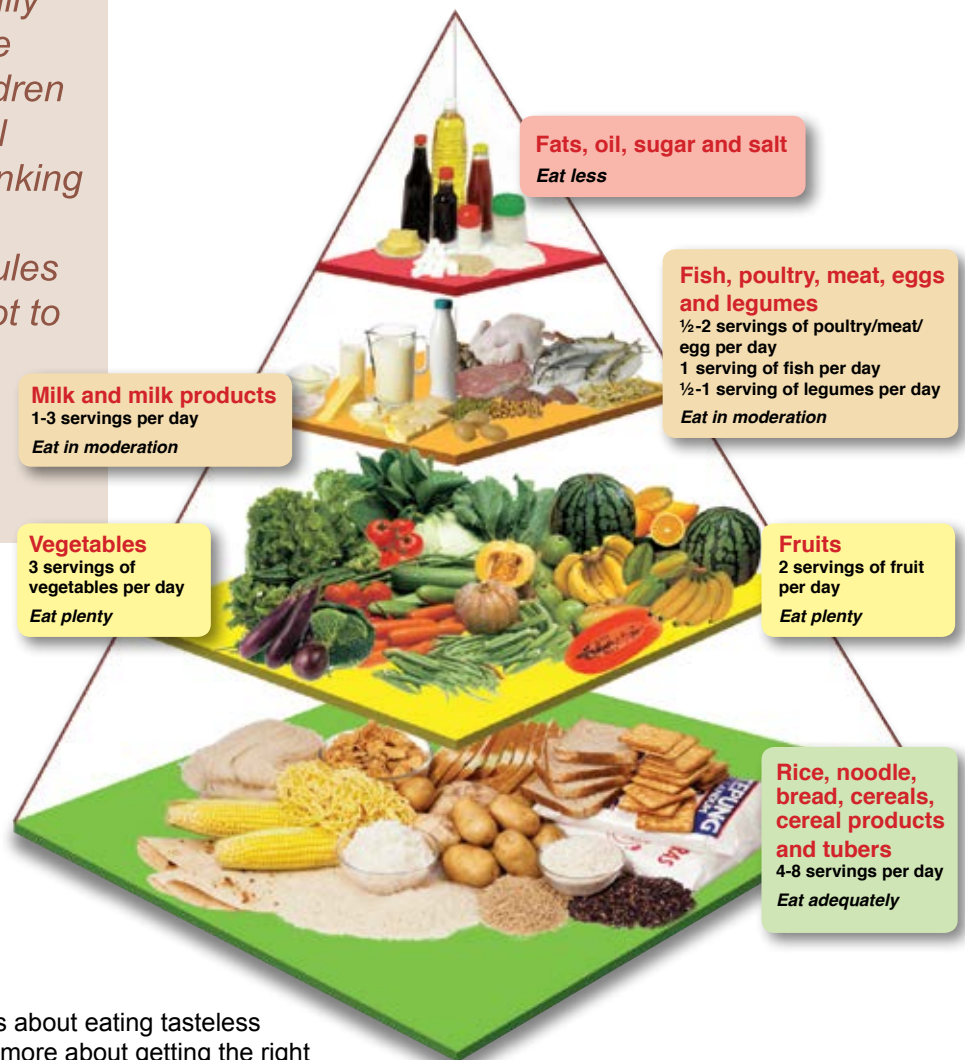
Proper nutrition and exercise are vital to keep your family healthy. A healthy lifestyle will also ensure your children are able to reach their full potential. You may be thinking that your family's busy routines and strict schedules are legitimate excuses not to stay fit, eat well, and maintain a healthy lifestyle – this could not be further from the truth.

A healthy lifestyle isn't about how much time you have, it's about how well you use the time that is left. Parents are the number one source affecting the way children feel about living a healthy lifestyle. So, it is imperative that families make time to exercise together and eat healthier, so that it eventually becomes part of everyone's routine.

Being Smart About Your Family's Diet

Many people think that healthy eating is about eating tasteless and boring foods. But healthy eating is more about getting the right 'mix' of nutrition. You don't have to sacrifice the foods you love. What you really need to do is simply practice "BMV" in your meals. This means going for **Balanced** meals, in **Moderate** amounts, and with a **Variety** of foods based on the Malaysian Food Pyramid.

Malaysian Food Pyramid



Other things your family can do to achieve a healthier diet:

- Consume more fibre for healthy body weight, good digestion and a healthy heart. Your diet should contain 20-30 grams of dietary fibre each day. You can obtain the fibre you need by following the recommendations of the food pyramid, ie consume more legume products, fruits and vegetables.
- Reduce sugar, salt and fat/oil you use to prepare meals and be wary of the amount present in food products you buy for the family (Later, in another one of my articles "Using Food Labels to Make Healthier Food Choices" on page 15, I'll explain how the family can make healthier choices when buying pre-packaged foods by reading and understanding nutrition labels).
- Try to prepare meals at home, at least once a day, where you can control the ingredients in the dishes and control the cooking method.
- Choose healthier cooking methods (e.g. steaming, stir-frying, braising, grilling, roasting, and baking) and try preparing vibrant and exciting-looking meals so that foods like vegetables appeal to your child.
- Avoid bad eating habits like overeating and eating late at night or too close to bed time.
- Limit intake of fast foods, takeout and foods high in fat/oil, salt and sugar.
- Eat together as a family more often - conversations during the meal provide opportunities for the family to bond, share, connect, and learn from one another.

Staying Active While Spending Time Together

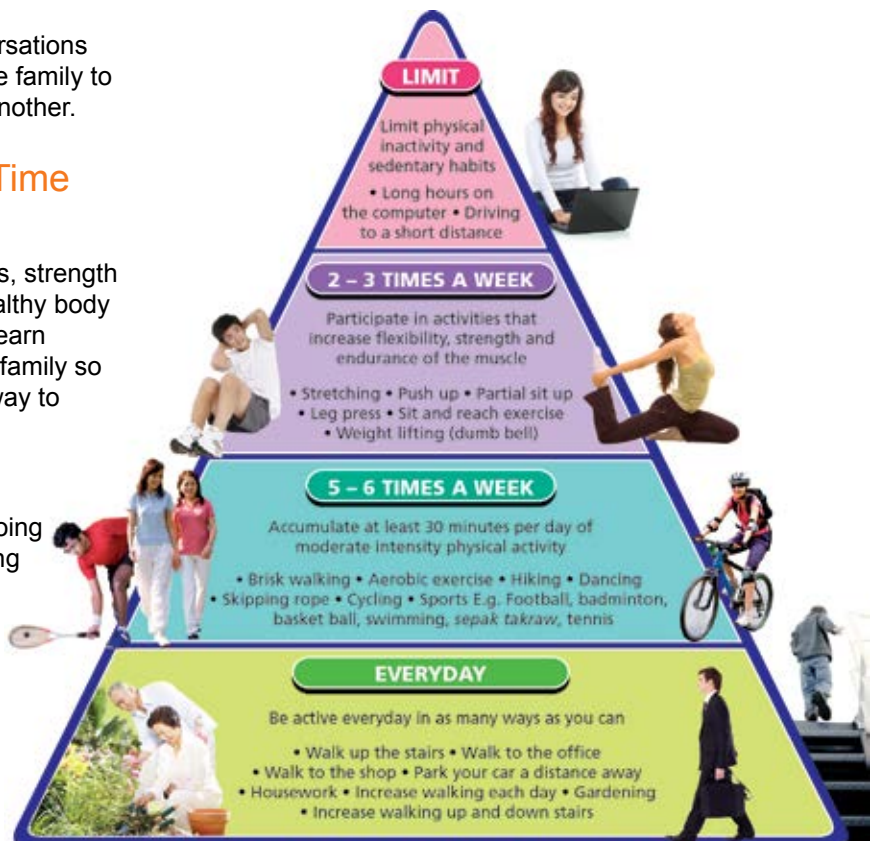
Keeping the family active helps improve fitness, strength and flexibility. It helps everyone maintain a healthy body weight and generally helps us feel, think and learn better. Do fun physical activities together as a family so it becomes a habit overtime. It's also a great way to spend some quality time together.

How to get everyone involved:

- Do the things everyone in the family likes doing together. It can be sports like football, playing tag or just going for a 20-minute stroll at the park.
- Get your children and your spouse to participate in household chores such as sweeping, mopping, vacuuming or washing dishes.
- Allow enough time for unstructured play. Kids can burn more calories and have more fun when left to their own devices.

- Join community runs/walks or other family events organised to get the family to spend time and be active together. These events are fun, you get to make new friends, learn new stuff and experience new things at the same time!
- Go to fun places like playgrounds, parks, open fields and public swimming pools.
- Impose a time limit of not more than one or two hours a day for activities such as watching TV, going online, and playing video games.
- Be active every day in as many ways as you can and incorporate more physical activities in daily life as a form of exercise. For example, choose to walk up the stairs, instead of taking the lift or escalator or park your car a distance away and walk to your destination.

Start laying the foundation for your child's future health as early as possible. Chronic lifestyle diseases have their roots deep in our society today, and affect both adults and children. Though it is never too late to start living healthily, the early years are the best time to mould good eating habits and an active lifestyle. Nurture your family's wellness by working together as a family to make healthy habits both easy and fun. **PP**



PHYSICAL ACTIVITY PYRAMID FOR ADULTS

Nurturing Family Wellness

Achieving Inner Health

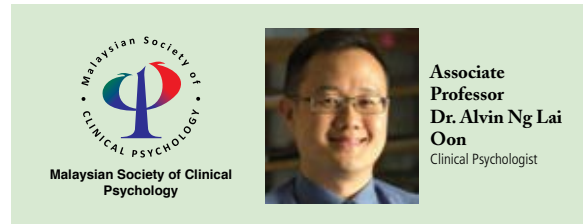
Family wellness is not just about physical health; it involves caring and being supportive of family members, who embrace each other's differences and unique qualities. This type of wellness stimulates the development of the individual's potential and helps shape a person's character, thus helping each family member to grow and cope with life's many challenges.

As explained by Dr Zulkifli early on, wellness consists of 6 dimensions one of which, physical wellness, has been elaborated by Dr Tee. Each dimension of wellness complements each other and are closely interrelated. The other 5 dimensions largely refers to inner wellness and are discussed below:

Emotional Wellness is the ability to be aware of and cope with daily emotional changes in adaptive ways. The ability to recognise, accept and share different feelings in a productive manner contributes to our emotional wellness.

Wellness tips:

- Make choices and decisions by processing feelings, thoughts, philosophies, and behaviour. Be more open and share feelings and thoughts with the family more often.
- For children, their principles and beliefs are moulded based on observing and imitating their parents early on in life, so set a good example.
- Live and work independently without ignoring the importance of seeking and appreciating the support and assistance of others. Teach your children that



asking for help is not a display of weakness but an opportunity to learn, connect and improve.

- Take on challenges, take risks, and recognize conflict as being potentially healthy. Parents should take failure or defeat as an opportunity for their children to experience disappointment, learn from it and ultimately finding ways to overcome it.
- It is perfectly all right to have negative feelings as they are real and part of life. Rather than discouraging them, help your children recognise this and teach them skills to manage them.

Social Wellness is about interacting with people. It involves using effective communication and nurturing interpersonal skills, having meaningful relationships, respecting yourself and others, as well as creating a support system that includes family members and friends.

Wellness tips:

- Form relationships with others based on a foundation of mutual commitment, trust and respect, by reinforcing good behaviours such as honesty, personal initiatives and kindness.

- Positively participate and spend family quality time by involving the family in voluntary opportunities in your community.
- Make new friends and socialize. A good place to do this together as a family is by getting involved in NGOs, clubs, and social causes.
- Improving or maintaining social wellness is also beneficial to mental, intellectual and occupational wellness because when you meet new people you may experience and learn new things.
- You also have a greater chance of increasing opportunities in your life (i.e. in business, work, study, and play among others) and that of other family members as well.

Occupational Wellness is the ability to achieve a dynamic balance between work and leisure time, addressing workplace demands and building relationships with co-workers. It focuses on finding where you fit in at work and the larger community as well as how you can contribute best.

Wellness tips:

- When each family member is doing what they were meant to do or enjoy what they are currently doing in life, it deepens their sense of meaning and purpose.
- Find a job you enjoy doing and remember to support your spouse's career and your children's interests as well. Encourage your children to try new hobbies, sports, etc. so that they experience as many different things as possible to enrich their lives.
- If your current job has you stressed, make sure to take time for yourself to calm down.
- Take the initiative to develop new skills for excelling in the workplace.
- Maintain a healthy balance between work and play – this may take some adjustments but learning from it makes you more effective through practice.
- Doing what you love is great, but a good relationship with your employer as well as with other co-workers is key in creating a comfortable, calm and conducive work environment.

Intellectual Wellness is engaging in creative and stimulating mental activities to expand knowledge and skills and sharing it with others. An intellectually well person enjoys activities that help stimulate the mind and is engaged in the exploration of new ideas and experiences. Needless to say, working on your mental, social and occupational wellness also indirectly helps improve your intellectual wellness.

Wellness tips:

- Ask questions such as who benefits? How? What's the evidence? And then what?
- Look at ideas and issues from different angles, or at least from the opposite direction.
- Putting yourself in other people's shoes and see the world from a different perspective can help give you a wider scope in understanding world issues.
- Have discussions with people: your spouse, friends, and even your children about ideas that you have and challenge yourself from time to time to prove yourself wrong.
- Take time off to reflect on ideas that you have discussed with people.

Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Your religious faith, values, beliefs, principles, and morals define your spirituality.

Wellness tips:

- Spend some time practising religious or spiritual activities on a regular basis – alone as well as with family and friends.
- Reflect on how you feel in your heart as you practice religious or spiritual activities and notice how they bring you peace.
- Involve your family and friends in discussing about how your religious or spiritual practices help you and them.
- Spend some time each day in being still.
- Volunteer yourself within the community. The spirit of friendliness, generosity, celebrating skilfulness and gratitude are easily derived from volunteer work.

Wellness is a conscious choice, a skill to be learned, and a journey which helps you evolve and become a better person. People deserve to feel fulfilled in their lives as a whole. When the family's wellness is in check, so too is the individual ability of family members to be productive in all phases of life: home, work, relationships, etc. Two most important feelings to have that provides inner wellness is being a useful member of the family and society, as well as a sense of belonging to a family, group or community.

In addition, inner wellness when coupled with physical wellness allows for a happier environment where you can be a productive member of the community and improve your life and the lives of others. **PP**

Nutrition & Healthy Living

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



Balanced Nutrition, Key to Breastfeeding While Fasting

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

Fasting in Malaysia is synonymous with the Islamic month of Ramadhan. Breastfeeding women are exempted from fasting if it poses a risk to them or the baby. However, many who are healthy and able will perform this religious practice every year. Despite it being safe to fast if the mother is healthy (unless otherwise advised by your doctor), some new mothers still have concerns.

What Islam Says About Breastfeeding Women and Fasting

Allah says in the Qur'an (Al-Baqarah: 2:183): "So whoever of you sights (the crescent on the first night of) the month (of Ramadhan, i.e., is present at his home), he must observe sawm (fasting) that month, and whoever is ill or on a journey, the same number [of days which one did not observe sawm (fasting) must be made up] from other days."

The Prophet Muhammad (peace and blessings of Allah be upon him) said: "Allah has relieved the traveller of the obligation of fasting and half of the prayer, and He has relieved the pregnant woman

and nursing mother of the obligation of fasting." Narrated by al-Tirmidhi, 715; Ibn Maajah, 1667; classed as saheeh by al-Albaani in Saheeh al-Tirmidhi, 575.

Hence, according to both the Qur'an and Hadith, scholars conclude that it is permissible for you not to fast if you fear harm will come to you and/or your baby, in which case you would qualify under the category of "whoever is ill". Likewise, if you think no harm will come to you or the baby, then you are obliged to fast.

Yes, if you feel up to it. Scientifically, there is little evidence to suggest that fasting affects the nutrient quality of your breastmilk. Nevertheless, fasting is safer for you and your baby if you feel strong and well enough to do so.

Should I Fast If I'm Breastfeeding?

Some studies do say that breastmilk supply may be affected, this is probably because mothers forget to breastfeed their infants as often as they would on normal days. This "reprogrammes" the breasts to produce less milk. Hence, if you do decide to fast, make sure you are able to feed your baby regularly or whenever he/she is hungry. You should also express and store your milk as usual. Remember, you're the one fasting, not your baby.

Am I Harming My Baby When I Do?

As long as you eat well and nutritiously every day, you will continue to produce nutrient-dense breastmilk regardless of whether you are on a diet or are fasting.

However, if your baby is still very young (less than six months) and breastfeeds exclusively, you may want to refrain from fasting. It would be better to fast once your baby is already on complementary foods and drinks breastmilk occasionally. In any case, let a doctor assess your condition before you make a decision.

Did you know?

Breastmilk supply depends a lot on a baby's demand. The more he nurses, the more milk the mother will produce. It's called the 'suckling stimulus' factor.

No, even though calories are used to produce breastmilk, your body will adapt to the demand of calories by using them more efficiently. This won't have any direct long-term effects on your health.

Am I Putting Myself In Harm's Way?

Nevertheless, breastfeeding women are still subjected to the same physiological changes that occur in individuals who fast. The psychological and spiritual reward of fasting and breastfeeding transcends any form of physical hardship. It's no wonder why many women find joy and satisfaction doing both simultaneously.

Reach out and learn from family members or friends who have gone through the experience before. Similarly, support from your spouse and other family members can help reduce some of the anxiety and stresses you may have.

The most important thing to remember is that you should eat a balanced meal containing a variety of foods from different food groups. You should also try:

What Should I Eat to Maximize Breastmilk Production & Quality During this Fasting Month?

- Eating more complex carbohydrates (i.e. whole-grains, nuts, seeds, oatmeal, all kinds of green vegetables and pasta) because they release energy slowly throughout the day compared to other foods.
- Reducing salty, oily and fatty foods.
- Eating more whole meal breads, high fibre rice (e.g. brown rice), high fibre oats adds more fibre to your diet and is a good source of iron. Meanwhile, leafy vegetables (e.g. spinach, broccoli and cabbage) can also help supply you with folate.
- Reducing sugary foods which make your blood sugar levels rise quickly and drop just as fast – you will feel hungry sooner!
- Drinking plenty of water and avoiding sugary, carbonated and caffeinated drinks. These drinks make you lose water by making you urinate more often. This may cause you to dehydrate even faster, especially on hot days.
- Eating well cooked lean meat, fish, poultry, and eggs. They are good sources of iron and omega-3 fatty acid. Make soup or gravy with them, that way you also get fluids in.
- Your diet should include an average of 1 to 2 portions (200-300g) of fish like herring (ikan herring), canned light tuna or salmon per week to guarantee a sufficient concentration of DHA in your breast milk.
- Consuming calcium-rich foods such as milk, yoghurt, yoghurt drink and soy milk or tauhu.

DHA ensures that the cells in the brain, retina, heart and other parts of the nervous system develop and function properly through all stages of life.

Tips To Sustain Energy Throughout The Day

- Have a little snack 30 minutes before bed. Nothing heavy, a sandwich, a slice of cheese on a cracker, a small bowl of assorted fruits or something similar can help with metabolism.
- Avoid stressful situations.
- Practice beforehand for a few days leading up to the actual fasting day(s) to see how it feels like.
- Express your milk at work as usual to keep up supply.
- Drink plain water in moderation and to avoid feeling full.
- Avoid heavy work or strenuous exercises which may dehydrate or tire you quickly.
- Have plenty of rest and take naps between baby's feed and whenever you feel tired. If you're at work, you can nap during lunch time. **PP**

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Nutrition Society of Malaysia

Cooking Tips for Working Mums

By Prof Poh Bee Koon, Nutritionist



The modern working mom has her hands full with work, family and household obligations. This leaves very little time to spend on food preparations, so how can a busy mom get a delicious yet nutritious dinner ready for her family?

The first rule is simple: don't panic! Yes, it is entirely possible to have home-cooked meals even during busy weekdays without sacrificing quality or flavour. Here are the top three steps you should observe in order to achieve this:

1

Plan ahead: Prepare the menu for the week ahead and ensure that you buy all the necessary ingredients beforehand. You can actually turn the drudgery of grocery shopping into something fun. The best thing is that you can spend more quality time together with your child by making it a part of your family's routine and involving him in your hunt for groceries.

2

Prep in advance: After buying your groceries, you should spend a little time doing some of the preparatory work, e.g. gutting the fish, peeling garlic/shallots, portioning out ingredients for the next day, etc. It is easier to organise things if you already have your menu planned out. You can store each day's menu into separate zip-lock bags or containers. It may help if you label them, i.e. with the menu and date that it is planned for. This way, you won't have to spend too much time preparing the ingredients on weekdays and can just get on with the business of cooking.

3

Share the workload: Get the whole family to chip in. For instance, you can get your toddler or young child to help set the table, older children can be asked to help prepare simple side dishes, and your spouse could handle other tasks such as washing up. Delegating the workload will help you to save your time and energy, and best of all it has the added bonus of having the family spend time together.

Four Simple Tips

The three steps already outlined will require a little self-discipline. However, there are other things that you can look at in order to help you get a dinner ready for your family. Here are some additional tips that can help you save the day!

1 One-pot meals: There are plenty of easy-to-do one-pot meal recipes that you can easily find online. Just hit Google for a complete, nutritious, and delicious home-cooked family meal you can make in one pot. To further speed things up, you can prepare all the ingredients during the weekends and place them all in a freezer bag. This is especially useful if you buy your raw ingredients in bulk as you can prepare everything on the same day. Just pop the contents of your freezer bag into your pot for a quick meal when you need it!



2 Slow-cooking saves time: Buy a slow-cooker. You can just place the ingredients in before leaving for work and come home to a ready meal. These handy appliances may take several hours to cook, but the process often results in mouth-watering dishes that retain the juicy and tender flavours of your ingredients. This type of cooking works best with tough meats such as lamb or beef, but it also works great with chicken as well.

Extra tip!

Using an electric timer with your slow cooker is a simple yet easy way to control when to turn it on or off.

3 Prep meals ahead of time: One handy method to dramatically cut short the time needed to prepare a meal during weekdays is to do your preparation during weekends. In fact, you can take this a step further and cook extra portions during the weekend. Once done, you should portion them out in appropriately sized containers before storing them in your freezer.

4 Invest in a freezer: If your refrigerator's freezer compartment is too small, do consider getting a larger, dedicated freezer. Having a larger freezer not only means more storage space for your raw foods or individual ingredients, but it also allows you to freeze ready-made meals for those occasions when you just don't have time to cook. This could be anything ranging from soups to stews, fried foods, meatballs, casseroles, and even bread or rice.



There are three simple rules you may want to follow, namely:

- 1) Allow hot/cooked foods to cool to room temperature first.** Placing hot foods into a freezer can cause its temperature to rise, thus compromising the other foods stored within. To prevent the formation of large ice crystals, chill the food completely by placing it in the refrigerator prior to freezing it.
- 2) Label your food with the date that it was prepared.** This prevents you from mistakenly consuming foods that have been left for too long. For raw ingredients, you may want to include the recipe and preparation instructions in order to expedite your cooking process.
- 3) Use your frozen foods within three months for the best taste/texture** – eating foods that have been frozen too long is risky as there is a risk of contamination.

Extra tip!

Storing rice in the freezer is actually a handy way to keep them longer as it actually kills the rice weevil's eggs.

Taking shortcuts

Yes, there are products that are available that can make your life easier. You do not need to make everything from scratch yourself to cook a delicious yet nutritious meal for your family. For instance, you can buy pre-cut produce, bottled sauces, ready-to-eat rotisserie chicken, and pre-made pizza dough. **PP**

An educational collaboration with



Nutrition Society of Malaysia

Using Food Labels to Make Healthier Food Choices

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

Have you ever wondered what all the markings and labels on pre-packaged food products are all about? Or perhaps you are one of those who never even gave it a second glance, except for the brand and the price. But when it comes to buying food products, reading and understanding the labels can help you make better dietary decisions.

By law, manufacturers are required to label their goods with specific information such as product name, ingredient list, food additives, date marking, weight/ volume, and manufacturer information. Be sure to browse through this information especially when you are purchasing a new product because it can provide useful information. Doing so will help you decide if the product is best for you and your child.

PRODUCT NAME

A brief but accurate description of the food containing the common name of its principal ingredients must be given on the label. This lets you know off-hand what the product is all about.

ADDITIVES

If a product contains additives, it must be declared, usually at the end of the ingredient list. Food additives are natural or synthetic chemicals added during manufacture to serve a wide range of technological purposes. These include food preservatives to extend the product's shelf life, colouring substances, sweetening substances and food conditioners. Only those food additives that have been evaluated by the Ministry of Health are permitted to be used in foods and beverages.

MANUFACTURER INFORMATION

Contains the name, location and contact details of the company responsible for manufacturing or distributing the product.

WEIGHT

The net weight/quantity/ volume of the product.



DATE MARKING

Expiry date – It's the date after which the food may no longer retain the quality attributes that a consumer would expect under recommended storage conditions. You shouldn't consume food past its expiration date.

Best before – It's the date after which the food may still retain the quality attributes as advertised if kept under recommended storage conditions. The product may still be enjoyed after the date but might begin to diminish in quality.

INGREDIENT LIST

The food law requires that the manufacturer declare all the ingredients that are used in the manufacture of a food product on the ingredient list. Ingredients are listed according to their common name in descending order of their proportion by weight if the product contains 2 or more ingredients. For example, if sugar is listed first on the list, the product contains a greater amount of this ingredient above all other ingredients used to make that product.

NUTRIENT CONTENT CLAIM

ENERGY ICON

In addition to the basic information given, it is also mandatory for manufacturers to include a nutrition information panel (NIP) on the label. They can also include other nutrition related information as well.

NUTRITION INFORMATION PANEL

The nutrients that must appear on this panel are energy, protein, carbohydrate and fat. The last three are the main macronutrients needed by our body to provide energy and perform other vital bodily functions.

The nutrition label is also required to state the serving size (in grams for solids and ml for liquids) & the amount of serving per package.

Vitamins and minerals – which are also essential to our diet – may also be declared on the NIP, provided they are present in significant amounts. Other optional nutrients that you may find on the NIP include cholesterol and sodium. If the product is a ready-to-drink beverage, the amount of sugars in it must also be declared.

The primary objective of the NIP is to describe the nutritional qualities of a particular food item. This helps you, the consumer, make better food choices when planning your daily meals. The NIP is a great tool to help consumers compare between different brands of food.

FRONT-OF-THE-PACK ICON FOR ENERGY

This icon provides you quick information on the amount of calories that are in a product as well as its percent contribution to total daily requirement. This helps consumers to choose wisely and plan their daily energy intake according to their needs. It is calculated based on

the average daily energy requirements of an adult (2000 kcal).

NUTRITION CLAIMS

You may have noticed some labels have claims such as “high in” or “source of” certain vitamins or minerals. Or claims such as “free of ...” or “low in” certain nutrients such as sugar, or fat or cholesterol. These are called **nutrient content claims** and are permitted under the food law.

Other nutrition claims permitted are **nutrient function claims** such as: “calcium is important for strong bones and teeth”. Or a claim such as: “beta glucan may help to lower blood cholesterol”. In both instances, it is the responsibility of the manufacturer to ensure that the food meets certain requirements or criteria before they can make such claims.

Be wary if a product claims that it can cure, treat or prevent you from a disease. The law does not permit such claims to be made because no food can cure, treat or prevent a disease.

Nutrition claims provide you with further information about a nutrient or a food. They can also guide you in making food choices. However, you shouldn't rely on the claims alone to make your choices, consider other information as well, especially the nutrients declared on the NIP.

Which One Should You Choose?

You're in a grocery shop and you need to choose between buying flavoured milk brand A or B. Don't worry, use the nutrition information in the NIP to help you make your choice of brand.

Milk A			Milk B		
Nutrition Information			Nutrition Information		
Serving size: 250 ml Serving per pack: 4			Serving size: 250 ml Serving per pack: 4		
	Per 100 ml	Per 250 ml		Per 100 ml	Per 250 ml
Energy	61 kcal	153 kcal	Energy	48 kcal	120 kcal
Fat	3.4 g	8.5 g	Fat	1.5 g	3.8 g
Carbohydrate	4.7 g	11.8 g	Carbohydrate	5.1 g	12.8 g
Sugars	4.5 g	11.3 g	Sugars	4.4 g	11.0 g
Protein	3.0 g	7.5 g	Protein	3.4 g	8.5 g

Brand B is the better choice because it contains less fat and calories. The amount of other nutrients in the two products are almost similar.

Tips to help you compare different brands of similar products and make appropriate choices :

- Compare based on nutrients in per 100 ml (or 100 g) of the product.
- Consider the level of several nutrients and not just one.
- Go for products with less energy, sugar, salt (sodium) and fat.
- Always go for products with high protein, vitamins, minerals and dietary fibre.

Finally, next time you go grocery shopping, bring your child along. It's a great opportunity to teach them how to read food labels and to get them interested and involved in choosing healthier foods. **PP**

An educational collaboration with



Nutrition Society of Malaysia

Learn & Prevent Childhood Stunting

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

Childhood stunting refers to the failure to reach the expected normal growth potential as a result of poor health and/or nutritional conditions. Stunting can cause major short- and long-term effects on children.

Potential causal pathways for long term consequences of stunting

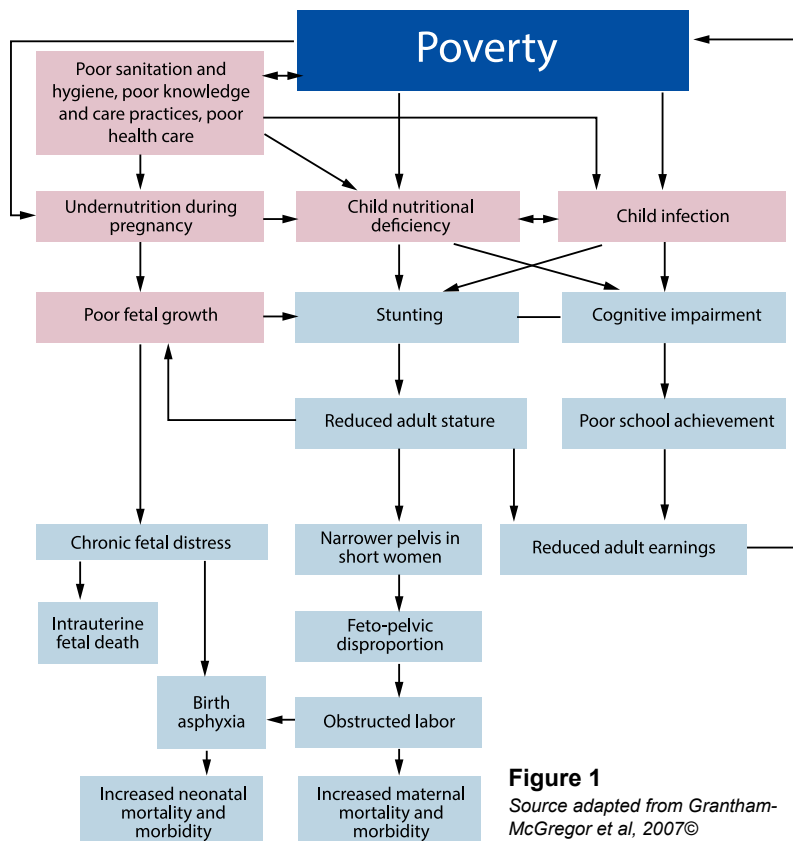


Figure 1
Source adapted from Grantham-McGregor et al, 2007©

A significantly low height for age is a strong predictor of mortality in the first 5 years of life. Lack of adequate nutrients in the first 1,000 days (from conception) has also been known to have long-term outcomes, such as poor performance in school, reduced lean body mass, diminished intellectual functioning, decreased employment opportunities and reduced earnings.

Recent evidence also indicates that children born to women who are stunted are at greater risk of dying sooner than children of mothers with normal height.

There are 3 main factors that can lead a child to stunting:

1. Reduced Intake of Nutrients

A child may be deprived of nutrients because of poor feeding practices which limits the energy available for growth. Poverty is the underlying reason for childhood stunting and is the epicentre of a vicious cycle that may last in families for generations. However, childhood stunting does not exclusively target the poor as statistics show an increasing number of middle income families being affected as well.

Additionally, lack of nutrients also weakens the child's immune system and can lead to recurrent infections (e.g. pneumonia, hepatitis, influenza) which exposes them to risk of cognitive impairment, stunting and other dire consequences (as shown in figure 1).

Other chronic conditions that adversely affect the heart, lung or liver can directly influence a child's ability to eat normally. For example, a child with heart disease may experience rapid breathing. The catabolic state they are in causes them to use up a lot more calories as opposed to normal breathing. Therefore, they must consume more calories than usual to keep up with their body's demand and ensure optimum growth.

Picky eaters also limit their intake of important nutrients because they are fixed to just one type of food which provides a limited amount of the same nutrients. The body needs many different types of nutrients taken from a buffet of different foods in order to grow optimally and function properly.

2. Increased Losses/ Failure to Absorb Nutrients

A child may also be at risk of stunting if their bodies incur heavy nutrient loss as a result of indigestion, bacterial overgrowth or unabsorbed nutrients. Diseases like scleroderma and celiac disease slow bowel movement which causes increased bacterial concentration whilst paediatric gastro-oesophageal reflux disease (GERD) can cause frequent vomiting and indigestion in children.

Acute or chronic diarrhoea – caused by bacterial/ viral infections or inflammation of the gut (e.g. ulcerative colitis and Crohn's disease) – can also lead to significant nutrient loss, weight loss, poor weight gain, poor growth and abdominal pain.

A condition, though uncommon, can occur in children where the length of their small intestine becomes short. This results in incomplete/ inadequate absorption of nutrients from food passing through the bowels. The disease is known as short bowel syndrome (SBS) and is a complex disorder with nutritional, metabolic, and infectious consequences.

3. Unable to Utilise Nutrients

In some rare cases, a child may suffer from hormone deficiency which renders their body unable to efficiently use all the nutrients he/she consumes. Children with hypothyroidism for example, lack the thyroid hormones necessary to keep metabolism functioning normally.

Children and teens who develop hypothyroidism may experience:

- Poor growth, resulting in short stature
- Delayed development of permanent teeth
- Delayed puberty
- Poor mental development

In infants or babies, hypothyroidism can lead to severe physical and mental retardation if left untreated.



PREVENTING CHILDHOOD STUNTING

There are a few things you, as a parent, can do to prevent your child from stunting:

- If your child is suffering from a medical condition, syndrome or disease that prevents them from getting the nutrients their body needs, it's important that you go take them to see a doctor immediately.
- You should aim to exclusively breastfeed your baby for at least the first 6 months followed by complementary feeding, and as they grow, transition into solids. The Malaysian Food Pyramid for Children is a good place to start. Just follow all the daily recommended servings for each food group and remember to complement it with plenty of exercise as well. The golden rule to healthy a diet is eating a balanced meal, which is moderately portioned with different varieties of food types, texture and colours.
- Include fibre in your child's diet every day. Fibre helps improve digestive health and promotes balance of gut flora.
- If your baby is on formula, be sure not to dilute his

milk because it will deny your baby adequate amount of nutrients which are vital for growth.

- Avoid giving your child antibiotics unless required to do so by a doctor. Antibiotics kill both bad and good bacteria in your child's gut. Your child needs good bacteria for gut and overall health.

You should take your child to see a doctor immediately if you suspect something is wrong with your child's health or development. Proper follow up and monitoring by a physician is important to ensure your child receives proper nutrition which is the main component of prevention and management of chronic illnesses like stunting. **PP**

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Malaysian Paediatric Association

WE'RE WITH YOU THROUGH EVERY MOMENT...

From the glow of pregnancy to your first hello and through the early years, we're here for both you and your child at every step. With the peace of mind that our healthcare services provide, keep those moments joyous and full of love.



Women & Children Centre
Sunway Medical Centre. No.5, Jalan Lagoon Selatan, Bandar Sunway, 47500 Selangor Darul Ehsan, Malaysia. Tel: 603-7491 9191/5566 9191



To Build Up Your Child

To ensure that your child receives sufficient nutrients to fuel his physical growth, make sure you supply him with adequate protein-rich foods. Fish is an excellent source of protein as well as iodine and calcium (especially small fish with edible bones e.g. ikan bilis). Fish also has other

advantages such as lower cholesterol content compared to other meats, and some fish (e.g. salmon, mackerel) are high in omega-3 fatty acids, an essential fatty acid for your child's growth. Here are some simple recipes for you to try at home!

Grilled Salmon

(serves 6)

Ingredients

600 g (6 pieces) of salmon steak
20 g (1 tablespoon) honey
100 g (1 lemon), squeezed juice
15 ml (1 tablespoon) olive oil
15 g (1 tablespoon) BBQ sauce
Salt to taste
30 ml (2 tablespoon) water
Decoration: dill leaves/ lemon

Method

1. Clean the salmon and place it on the grilling tray covered by aluminium foil. Next, brush some olive oil on its surface.
2. Mix water with lemon juice, salt, honey and BBQ sauce. Stir and mix them thoroughly.
3. Pour the mixture on the salmon to cover them thoroughly. Marinate it for about 1 hour.
4. Grill the salmon in the oven for about 1 hour at 150°C. Remove the salmon from the tray and place it on the serving plate.
5. Decorate it with dill leaves or lemon and serve it while it is hot together with steamed vegetables, salad and sweet potato.



Nutritional Tip

- Salmon contains Omega-3 Fatty Acid, Vitamin D and protein.

Nutrient Content Per Serving

Calorie 171 kcal	Carbohydrate 2.7 g
Protein 21.6 g	Fat 8.2 g



Tuna and Corn Croquette

(7 pieces)

Ingredients

180 g (1 tin) tuna in water, drained and mashed
 180 g (2 nos) potato, boiled and peeled
 100 g (1 cup) whole meal bread powder
 60 g (1/4 cup) corn kernel/ fresh corn grain
 3 g (1 teaspoon) coriander seed, finely ground
 Salt and pepper to taste
 Sufficient oil
 Decoration: Lemon slices and cucumber or fresh salad leaves

Method

1. Mashed the boiled potato in a bowl. Mix in tuna, fresh corn grain and coriander.
2. Add salt and pepper to taste. Shape the mixture into 7 croquettes.
3. Beat an egg in a large bowl. Immediately dip the croquette into egg mixture and coat them with a layer of bread powder.
4. Fry them in hot oil until the croquette pieces turn golden brown. Drain the excess oil and put the croquette on the oil absorbent paper.
5. Immediately serve with cucumber slices or salad leaves together with lemon and chili.



Nutritional Tip

- There are varieties of tuna sold in the market. It is advisable to choose tuna in water without salt over tuna in oil.
- Alternatively, you can grill the croquette in the oven at 180°C for 15 minutes.

Nutrient Content Per Serving:

Calorie 106 kcal	Carbohydrate 15.4 g
Protein 8.9 g	Fat 1.0 g

Recipes courtesy of 'Buku Masakan Pilihan Pakar Pemakanan, Jilid 2: Resipi untuk Seisi Keluarga' by Nutrition Society of Malaysia. To purchase this recipe book which includes 50 recipes, please email: president@nutriweb.org.my

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Nutrition Society of Malaysia

Family Wellness

In partnership with  LPPKN

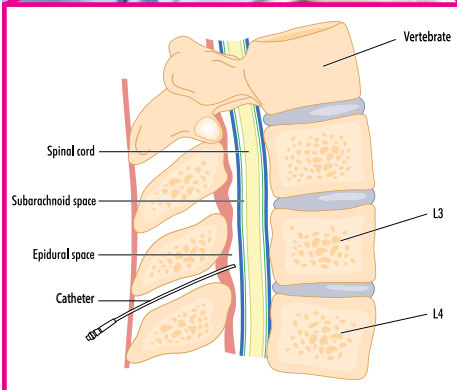
- Maternal Care
- Parenting Skills
- You & Your Spouse
- Safety and Injury Prevention

Epidural 101

By **Dr Krishna H Kumar**, Consultant Obstetrician & Gynaecologist and President of Malaysian Medical Association (MMA)



An epidural (also termed regional anaesthesia) is a way to deliver an anaesthetic by injecting it into the epidural space of the spine. This stops pain signals from reaching the brain. It is a method of pain control/relief that is commonly used by women during labour and delivery. An epidural is delivered by a trained professional, an anaesthesiologist.



Administering Local Anaesthesia

1. Local anaesthesia is injected at the lower part of the spine.
2. Once numb, a catheter (plastic tubing) is inserted into the epidural space using a different needle.
3. Anaesthetic or painkiller is pumped in as needed through the catheter.
4. Epidurals contain a mixture of painkilling drugs, usually a local anaesthetic, bupivacaine or levobupivacaine, and an opioid (fentanyl).
5. Effects are felt 10-20 minutes later and can last for 2-3 hours after.

When To Take It?

It can be given at any time during labour but usually administered when the cervix starts dilating 5-6 cm wide – this is when the pain of contraction starts kicking in.

Epidural Myths

Epidural increases chances of needing a C-section

Study of 750 first time mothers by the Feinberg School of Medicine showed no relationship between administration of epidural & frequency of a C-section.

You won't know when to push

Don't worry, the doctors & nurses will tell you when to push. It doesn't help to stop the epidural towards the end of labour because this will mean more pain. Plus, it won't make the birth easier.

Epidurals always work

No they don't, but for a large majority of women, they do. Sometimes the anaesthetic is not administered properly. This rarely happens & can be rectified without repeating the procedure.

Highly effective & easily adjustable pain relief.

1 in 8 women have difficulty urinating.

You can remain awake throughout the delivery.

23 out of 100 women may develop fever.

Lowers blood pressure of women who have problems with high blood pressure during labour.

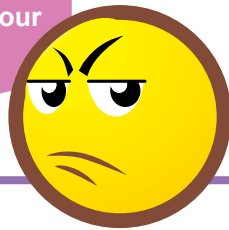
For 1 in 8 women, anaesthetics may not work properly.

Advantages

If it turns out you need a C-section, local anaesthetics can be administered immediately through the catheter.

Additional painkillers after birth are less likely used compared to when using other pain relief methods.

Women who are allergic to anaesthesia or have blood clot problems cannot use epidurals! Consult your obstetrician.



Other Options

Local Anaesthesia – numbs the painful area near the vagina if you need to extend the opening but it does not provide comfort during labour.

Opioids – opioids are dripped into the bloodstream or injected into the muscle. It is not as effective as an epidural but does provide some relief.

Tranquilizers – can reduce anxiety but is rarely used. It won't relieve the pain during labour or birth.

Nitrous Oxide (Laughing Gas) – inhaled using a face mask and works within minutes. You may perceive pain differently but pain is not eliminated entirely.

Transcutaneous electrical nerve Stimulation – this is a non-drug therapy that uses low-voltage electrical current for pain relief.

Disadvantages

May make it difficult for some babies to get into the best position for birth.

Can cause blood pressure to drop leading to dizziness and nausea.

Higher likelihood of assisted birth using vacuum suction or forceps.

Second stage of labour, the pushing stage, may last longer.

Can cause numbness and tingling in the legs.

Non-Medical Pain Relief Options

- Exercise gently and regularly, the more you move during pregnancy, the better prepared your body will be for labour and delivery.
- Learn how to breathe properly during labour.
- Proper breathing can help reduce pain from contraction and help you feel more relaxed.
- Support of spouse (or loved ones) during labour can reduce anxiety.
- Using distractions like listening to your favourite song, can help distract you from the pain.
- Hot or cold packs, massage, a warm shower or immersion in a warm bath. These options are often used if you have a home birth with a trained doula by your side. **PP**

An educational collaboration with



Obstetrical and Gynaecological Society of Malaysia



Don't Cry Baby

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

Babies have not learnt the gift of speech yet, so they communicate with the only way they know – by cooing at you, smiling, laughing, and (what we dread most) crying. Crying is your baby's way of communicating with you his feelings of hunger, pain, fatigue, fear and frustrations. It is also a way for him to shut out sights, sounds, and any other sensations that may be too intense for him. As parents, you can influence the length of time that your baby cries by responding to him, and this has been proven by studies.

It is important to realise that every baby is unique. Your baby may be a very calm and well-behaved individual or he may have fussy periods throughout the day, even when there are no obvious reasons for it. Regardless of how often he cries, it is important that you pay close attention to his cries. You will notice a difference between the type of cry, which will let you know whether he needs to be cuddled or tended to, or whether it would be better to leave him alone.

Should You Leave Baby Alone When He Cries?

The short answer to this is 'No'. While it is true that babies left to cry eventually stop doing so, there are emotional/psychological consequences. Studies have shown that infants left to cry would lead to the crying episodes dissipating. However, the studies also showed that this was due to feelings of apathy in the child,

i.e. the baby stops crying as he loses hope of getting attention from his caregiver not because the reason for his distress is gone.

On the other hand, crying babies who were attended to immediately tended to cry and fuss less often. This results in a lower overall cumulative duration of crying than babies who were deliberately ignored.

Familiarity Breeds Understanding

Sometimes the reason for a baby's cry is immediately apparent, e.g. most babies will cry if a stranger or someone they are unfamiliar with tries to take him away from their primary caregivers. However, there are numerous other reasons why a baby cries. The key to identifying the reason for his cry is to familiarise yourself with his cries. In this way, you will learn how to identify his specific needs just by hearing the way he cries. As a general guide:

- **Hunger** – is often short, low-pitched, and rises and falls
- **Anger** – tends to sound a lot more agitated
- **Pain or distress** – happens suddenly and is often characterised by a loud, long, high-pitched shriek which is followed by a long pause and a flat wail.
- **Do not disturb** – this type of cry sounds very similar to a hunger cry, and is usually baby's way of letting out some steam.

It won't take long before you have a pretty good idea of what your baby's cries are trying to tell you. If you can attend to him immediately, he will feel better and will most likely stop crying. Failing to respond to his cries, on the other hand, can worsen the situation.

However, it is possible for different types of cries to overlap. For example, newborns may awaken feeling hungry and start crying for food. If you take too long to respond, his crying will probably change to one of rage and frustration!

The best method to deal with your baby crying is by responding as quickly as possible to any of his cries, during the first few months of his life. Don't worry, giving him your care and attention at this point will not spoil him. In fact, taking immediate action to his cries helps ensure that he cries less overall.

Tips to Handle Crying

It's important to prioritise when responding to your baby's cries. Take care of the most pressing needs first – if he is cold, hungry and has a wet diaper then you should warm him up, change his diapers and then feed him. If he cries with a shrieking or panicked quality to the cry, there is a high likelihood that something is causing him discomfort, e.g. the stitching on his clothing may be pricking his sensitive skin or a strand of hair may be tickling his eyes.

If you have checked to ensure that your baby is warm, his diapers are dry, and he has already been fed but continues to cry, these are some techniques you can try:

- **Rocking him in your arms:** You can do this seated, standing, or while walking around. Be sure to use gentle motions when you rock him, and try all three positions to see which works best as he may have a particular preference for one position over the other.
- **Gently stroking him:** Try cradling him protectively in your arms while stroking his head or patting his back. Alternatively, you can try stroking his head and/or chest while he remains in his bed.
- **Swaddling:** Wrap him snugly (but not too tightly) using a comfortable blanket.
- **Singing or talking:** Keep your voice as calm, warm, and loving as possible while you talk or sing to him. If you cannot do so, let someone else take over while you take some time to calm down.
- **Let him suckle:** Allow him to suckle at your breast – this may help to calm

him down. Also, don't forget to burp him after each feeding.

- **Hold him close:** Use a baby carrier or sling so he can be close to you. Be sure to move gently while carrying him about.
- **Go for a stroll:** Put him in his stroller and go for a walk around the house or outside, if the weather permits. Alternatively, you can simply rock him back and forth. Another option is to take him out for a drive (be sure to use a car seat) – the rhythmic motion of the stroller/car is often soothing and should help lull him to sleep.
- **Play soothing music/sounds:** Try playing some nice soothing and relaxing sounds/music. Ensure that the volume is not too loud as it may disturb him instead. You may want to combine this with some mobiles above his cot to distract him.
- **Try baby massage:** A gentle and soothing baby massage may be just what he needs to wind down. Do consult his paediatrician for advice on how to proceed if you are unsure or if you suspect colic as a reason for his crying.

Stay Calm and Breathe

It will be a lot easier for you to console your crying baby if you can maintain a calm and relaxed demeanour. Although a baby's wails can be agonising to listen to, allowing it to frustrate you and make you angry or panic will only lead to a more intense bout of crying. Babies always sense our anxiety and anger. Keep in mind that your baby's cries are not a reflection of bad parenting, so don't take it personally.

If, at any point in time, you start feeling as though you cannot handle things, ask for help from your spouse or a family member. This will allow you to regroup and get a grip of the situation. Most important of all, never ever shake your baby, no matter how impatient or angry he makes you feel.

Learn to take a realistic approach and get help whenever necessary. Equally important is to take care of your own health by getting sufficient rest, and lastly, enjoy these few short, wonderful moments with baby. **PP**



An educational contribution by



Malaysian Paediatric Association

Choosing mild, safe and effective products for your newborn

The long wait has finally come to an end. Your newborn has arrived and you can't wait to shower her with your love. You want only the best for your baby.

So, when it comes to nurturing your newborn's very delicate and sensitive hair, eyes and skin, we want to make choosing safe, mild and gentle products easy.

At Johnson's®, we hold ourselves to the highest standards so that every one of our products is safe, effective and of the highest quality. We want you to have complete peace of mind whenever you bring our products into your home. That's our commitment.

In fact, for over 120 years, our products have been supported by science, recommended by healthcare professionals, and trusted by generations of moms. Every ingredient we use in our products is carefully selected and meets the highest quality, purity and compliance standards.

We understand it is important to take care of baby's hair, sensitive eyes and delicate skin, but it is even more important to choose products that are safe, mild and gentle for your baby.

Hair and eye care



Baby hair is softer and thinner than adult hair. Thus, it is important to use a gentle product with mild ingredients formulated especially for your baby. Johnson's® Baby Top-To-Toe™ Wash is an ultra-mild cleanser for your baby's delicate skin and sensitive eyes. It

cleanses newborn skin without drying. More importantly, it is soap-free, paraben-free and hypoallergenic.

Not just that, the No More Tears® formula, pioneered by Johnson's®, makes this product mild to the scalp and as gentle to eyes as pure water. It helps soothe your baby during bath time, making bath time fun for your baby.

We believe bath time is so much more. It is quality time that is filled with multi-sensorial stimulation to nurture your baby's ability to learn, think, love and grow. We believe everyday ritual and novel stimulation to the senses promotes and shapes your baby's brain development.



Skin care

A newborn's skin is 10 times more sensitive and loses moisture nearly two times faster than an adult's. Johnson's® Baby Lotion slows down this moisture loss by creating a protective barrier to keep the moisture in and dryness out. It nourishes and softens the skin for 24 hours. The lotion, tested by dermatologists and pediatricians, is hypoallergenic and paraben-free, making it gentle for sensitive newborn skin. What's more, it comes with the classic Johnson's® Baby fresh scent – a scent that moms have loved for generations.



Johnson's® Baby Powder absorbs excess moisture and helps reduce friction, with a clean and classic scent. It leaves your baby's skin delicately soft and dry while providing soothing comfort. It's hypoallergenic and tested by dermatologists.



Johnson's® Baby Oil locks in up to 10 times more moisture and helps to protect from dryness. It's clinically proven to help prevent moisture loss.



Providing mothers with safe, clinically proven, mild and gentle products has always been our top priority. We continually evaluate the latest scientific data on ingredients, and innovate to develop new formulations to better meet your baby care needs.

Every mother wants the best for her baby. And so do we.

Johnson's® Baby is the #1 trusted choice of generations of Malaysian moms because we are committed to what is best for baby. With over 120 years of research and development (R&D) supporting moms with baby skincare products that is clinically proven mild and effective.



I'm a Johnson's® baby.

For over 120 years, you've been there for us.

During bathtime, playtime, and naptime.

You were there for us, from generation to generation.

And for that we thank you, Johnson's® babies.

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Did you know?

Infertility is described as the failure of a couple to become pregnant after a year of regular, unprotected intercourse. About a third of infertility problems are due to female infertility, and another third is due to male infertility. The other third may be due to both or reasons be unknown.

Choosing the Path to Parenthood

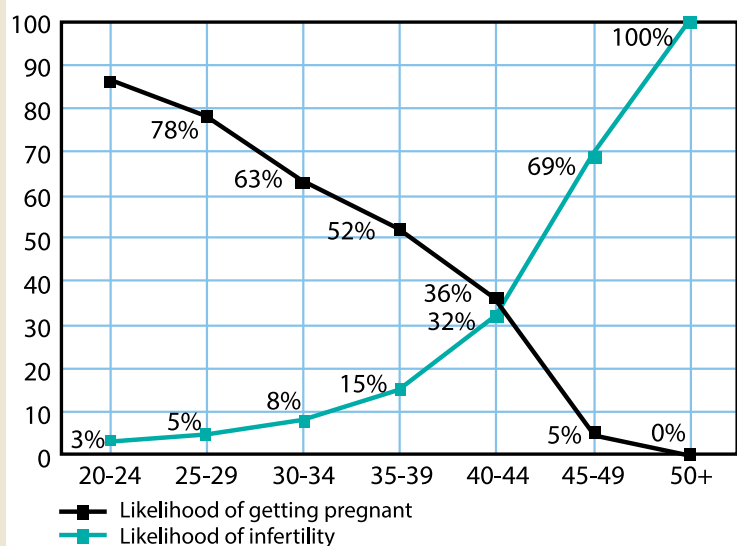
By Dr Leong Wai Yew, Consultant Obstetrician & Gynecologist

There is a trend developing among women where many choose to wait longer before starting a family. Women (and men) may want to build their careers, be in a relationship with the right partner, be financially and emotionally stable, or any combination of these factors.

According to Malaysia's Fifth Family and Population Study (KPKM-5), 35.7% of women are still single because they cannot find a suitable candidate. Whereas 56% of men quote financial problems as the main reason they postpone marriage.

However, many young people are not aware of the impact age has on fertility. As women mature, the likelihood of getting pregnant decreases while the likelihood of infertility rises. Fertility in men also decreases with age and there is a higher chance of them producing sperm with chromosomal abnormalities.

Chances of getting pregnant according to age



The chart is only a guide. It shows average figures for women in the best of health.

Source: <http://www.babycentre.co.uk/a6155/your-age-and-fertility>

As women grow older, ovulation becomes infrequent and the amount of good quality eggs reduces drastically, making it more difficult to conceive. Research has also shown that there is an increased rate of chromosomal abnormalities in women of advanced reproductive age.

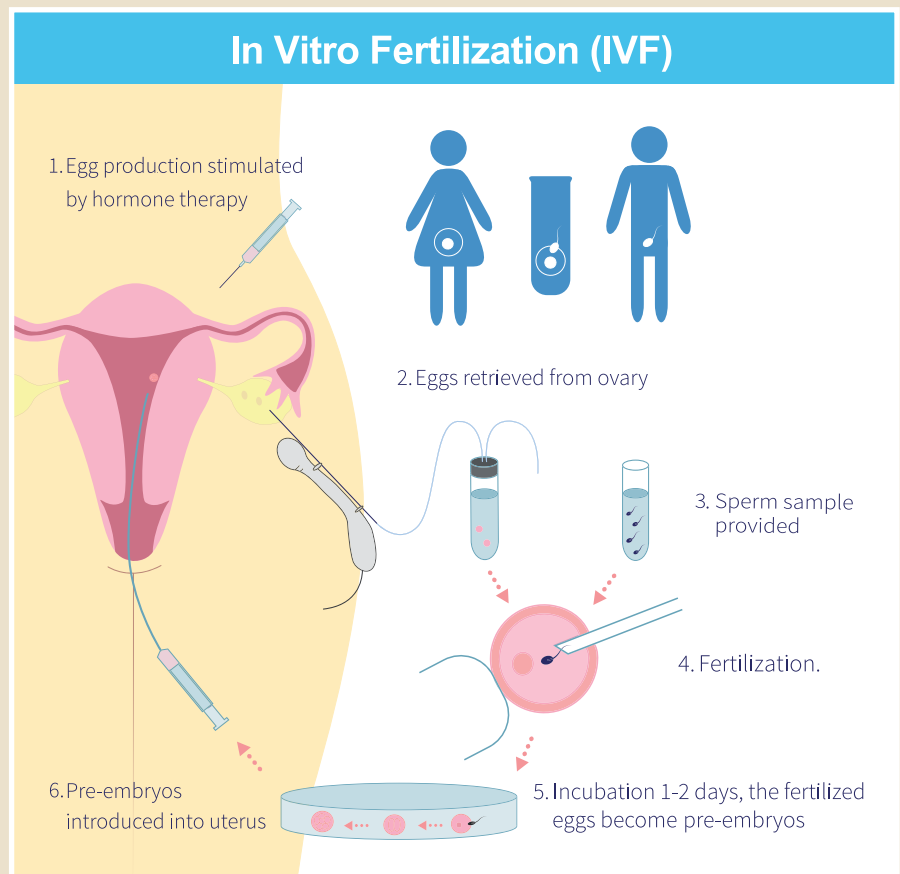
Miscarriages and other pregnancy-related complications, including gestational diabetes and high blood pressure, are more common for women over 35. Age-related decline in fertility and the increased likelihood of miscarriage mean that waiting to have kids can put extra physical stress on a woman's body and affect the well-being of her baby. Other women opt to steer away from having a child altogether because she (or her partner, or both) may have a genetic predisposition (e.g. Thalassaemia, Down Syndrome) and fear for their unborn child's future well-being.

However, if you are thinking of embarking on the journey of parenthood but have the above mentioned concerns, you should consider:

- educating yourself about the increased risk of chromosomal abnormalities and the type of tests available to detect them. A genetic counsellor, fertility expert or gynaecologist should be able to fill you in on detailed information and help you figure out which tests are suitable for you.
- making sure any existing medical condition (e.g. high blood pressure, diabetes, thyroid disease, obesity) is in a stable, controlled state before considering pregnancy. Discuss pregnancy with your doctor and how it might affect your current medical condition.
- practising a healthy lifestyle by eating a nutritious and balanced diet as well as getting plenty of exercise.

Similarly, advances in fertility treatment and milestones achieved in the field of reproductive technology over the years has given many couples a chance to realise their dreams of having a family. For example:

- **In Vitro Fertilization (IVF)** – the process of fertilizing the egg and sperm in a laboratory, and then transferring the embryo to the uterus.
- **Intrauterine Insemination (IUI)** – sperm is inserted into uterus using a special device near to the egg at time of ovulation.
- **Intracytoplasmic Sperm Injection (ICSI)** – performed as part of IVF treatment cycle where a single sperm is injected into an egg using very fine micro-manipulation equipment.
- **Cryo-storage** – freezing of human tissues (e.g. semen, eggs and embryos) and storing them in specially designed tanks to be used when a couple decides to conceive.
- **PGD & PGS** – procedure whereby IVF-acquired embryos are tested for genetic disorders and only those embryos which are healthy are chosen for implantation.



Nevertheless, it's important to note that you will have a higher chance of conceiving and delivering a healthy and happy baby while in your 20's and early 30's. And, if you do have fertility problems, the sooner you see a gynaecologist, the more likely he or she will be able to address it. So don't wait too long before asking a specialist for help. **PP**

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Child Health

- Allergy
- Immunisation
- Paediatrics Issues
- Digestive Health



Your baby boy is finally here! He's healthy, you're happy and before you can leave the hospital, there's one important decision you need to make: to circumcise your baby or not.

Neonatal Circumcision

By **Dr Abdul Razak Mohammed**, Paediatric Surgeon

For some families, the choice is simple because it's based on cultural or religious beliefs. But to others, the decision may not be as easy. Parents need not be hasty, take some time to learn about circumcision before making the call.

What Is Circumcision?

Boys have a piece of skin that covers the end of the penis, called the foreskin. Circumcision is the surgical removal of the foreskin to expose the tip of the penis.

Why Would Your Baby Need To Be Circumcised?

There are three medical indications in which circumcision may be required:

Phimosis: the opening of the foreskin is very narrow, causing ballooning of the skin during urination.

Hydronephrosis: blockage of or obstruction in the urinary tract where the urine backs up into the kidney causing it to swell. It may be diagnosed before birth and in cases where circumcision is required, it will help prevent infection.

Frequent urine infection: Urine infection in babies occur when bacteria gets in the urine tract – from the skin around the genitals or rectum or via the bloodstream. It can cause infection and/or inflammation.

What Are The Benefits Of Neonatal Circumcision?

- Reduced penile problems such as irritation, inflammation, and infection.
- Less likely to develop penile cancer later in life.
- Prevents future infections.
- Post-care of your baby's penis is easy when compared to doing it later.

What Are The Risks & Complications?

There is a low risk of infection involving the urinary opening. During healing, the opening is more exposed to the urine and faeces in the diaper but regular diaper change and good hygiene can usually prevent this from happening.

When Is The Best Time to Perform Circumcision on Your Newborn?

For babies, circumcision is most often done during the first few days after birth (neonatal age). Recovery may take longer if circumcision is done on an older child or adult. The risks of complications may also increase.

How Is The Procedure Carried Out?

Some parents choose not to circumcise their sons because they are worried about the pain the baby may feel. But don't worry, two main types of local anaesthetic may be used and both are safe for baby:

1. a topical cream (a cream applied on the penis) or,
2. an injectable anaesthetic.

Here are some common surgical methods used to perform circumcision:

How Do I Take Care Of My Baby's Circumcised Penis?

After the circumcision, the tip of the penis may seem raw and yellowish, this is normal. Wash your baby's penis with mild soap and water every day. Change his diapers often so that urine and stool do not cause infection. Apply antibiotic cream to prevent infection.

You can also cover the penis with gauze which should be changed each time you change his diaper. Coat the gauze with petroleum jelly to keep it from sticking. In most cases, the skin will heal in 7–10 days.

Call your doctor right away if you notice any of the following:

- Persistent bleeding on diaper
- Swelling that does not recede during healing process
- Fever
- Does not urinate within 12 hours after the circumcision

Parents ultimately should decide whether circumcision is in the best interests of their baby boy by considering all issues and understanding the risks and benefits that it involves. **PP**

How Circumcision Works

Bipolar Dichotomy

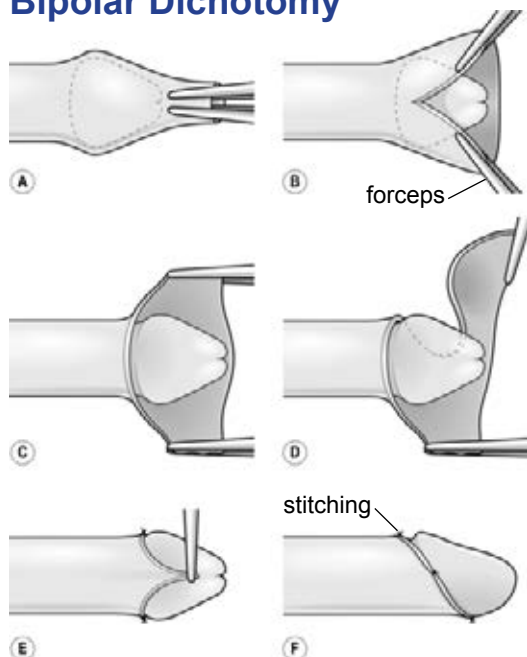


Figure 1: **Bipolar dichotomy**: (A) application of artery forceps; (B) the dorsal slit; (C) dorsal slit completed; (D) resection of prepuce; (E) reconstruction of frenulum; (F) the completed circumcision.

source: <http://clinicalgate.com/male-genitalia/>

Plastibell

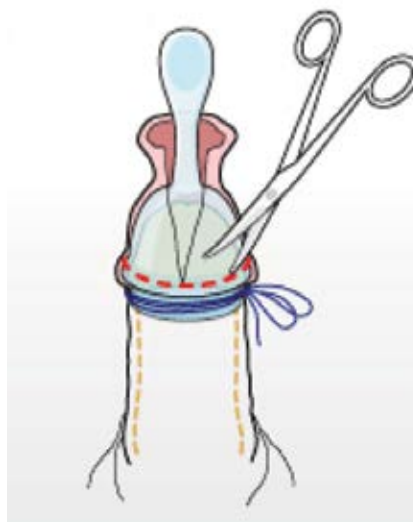


Figure 2: The **Plastibell** device stays attached for several days before falling off.

source: <http://people.howstuffworks.com/circumcision4.htm>

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Cows' Milk Protein Allergy

By **Dr Amir Hamzah Abdul Latiff**, Consultant Paediatrician and Clinical Immunologist/Allergist

Early infancy is often a very anxious time for most new parents. It is also typically during this time that most food allergies occur, of which the most common is cows' milk protein allergy (CMPA). A food allergy is what happens when your child's immune system mistakenly reacts to certain proteins in foods, such as those found in cows' milk, which causes the typical symptoms. Most children will grow out of this allergy by the age of five.

Distinguishing CMPA from Lactose Intolerance

It is easy to confuse lactose intolerance and CMPA as they share many common signs and symptoms such as diarrhoea, bloated tummy, and stomach pain. However, CMPA is different from lactose intolerance, which is what happens when the digestive system is unable to fully digest lactose, mainly due to a lack of the enzyme, lactase. With lactose intolerance, the lactose in milk stays in the colon and feeds the bacteria there instead, and the subsequent build-up of acids and gases cause the various symptoms related to lactose intolerance.

Recognising the Signs of CMPA

Do bear in mind that while your child may have immediate reactions, sometimes the reactions are delayed. Immediate reactions tend to be more common during weaning while delayed reactions are more difficult to spot. Common signs and symptoms generally include excessive crying and general inability to settle. Slow weight gain and growth are often the result of a delayed diagnosis.



The other signs and symptoms you need to watch out for include:

Gastrointestinal	Respiratory	Dermatological
Vomiting (with or without blood)	Wheezing	Eczema
Reflux	Sore throat	Rashes (skin and nappy)
Stomach pain	Persistent runny nose and/or eyes	Hives (nettle sting type rash)
Diarrhoea	Ear ache	Wheals
Constipation	Persistent cough	Contact dermatitis
Flatulence	Oral irritation (itchy mouth, excessive dribble)	Swelling of the eyelids and lips or the whole face or localised swellings (angioedema)

However, there are rare cases when a more severe reaction occurs, which could include difficulty in breathing or if he/she suddenly behaves like a rag doll, i.e. he/she just 'flops' or seems to lose control/coordination of his limbs. Should this happen, do not delay and head for the nearest hospital immediately.

Keep Track of the Signs

It is difficult to identify if these symptoms are caused by cows' milk protein allergy, especially since other conditions can cause similar signs or symptoms. Do seek the help of your child's paediatrician to get a proper diagnosis; if necessary, he or she will refer you to a paediatric allergist.

Here are some useful things for you to find out beforehand as it will be a big help when you talk to your child's paediatrician. The questions are:

- Do you know what triggers the symptoms?
- When did the symptoms first start?
- How quickly did they develop and how long do they last?
- How often do they happen?
- Are the signs/symptoms the same each time?
- Does he/she have any other allergic conditions, e.g. eczema or asthma?
- Do you or your partner have allergies or does he/she have brothers/sisters with allergies?

In most cases, it would also be helpful for you to keep a food diary for your child, or for yourself if you are still exclusively breastfeeding him. In case you have a lot of questions for your child's paediatrician, write all your questions down before your visit and remember to bring a copy of the food diary along.

Get Expert Advice

After determining whether your child has CMPA, his/her paediatrician should be able to offer you advice on how to manage it. While the key principle for managing CMPA involves eliminating foods with cow's milk protein from your child's diet, this step should only be taken under the guidance of his/her paediatrician. You may also need to seek the advice of a dietitian on alternative foods that do not contain cow's milk protein.

By working closely with your child's healthcare team, you will be able to get a management plan in place to handle any other CMPA-related problems that may appear. Regular monitoring is also recommended as this will help ensure that your child is growing well and thriving. **PP**

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Is Your Child Suffering from Food Intolerance?

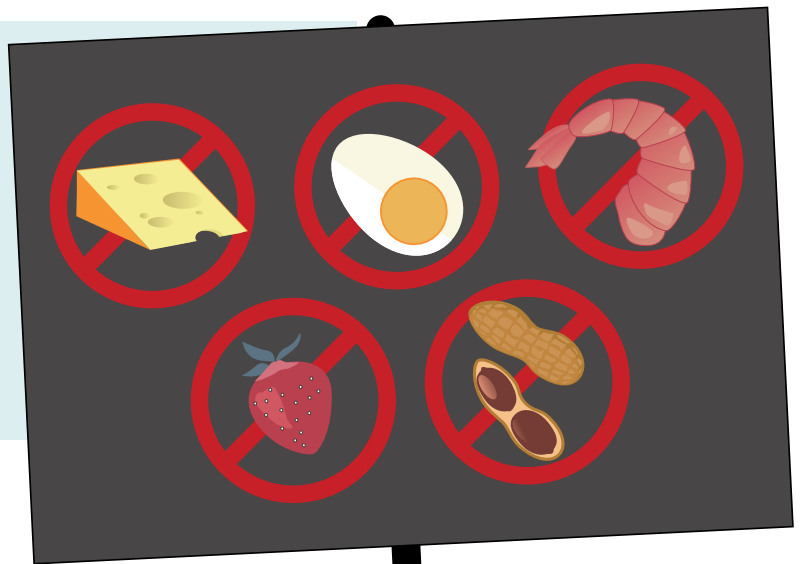
By **Dr Amir Hamzah Abdul Latiff**, Consultant Paediatrician and Consultant Clinical Immunologist/Allergist

There is more to the saying "You are what you eat" than you may give it credit for. For instance, many different foods can actually cause different reactions, particularly if a person is sensitive or allergic to certain types of food.

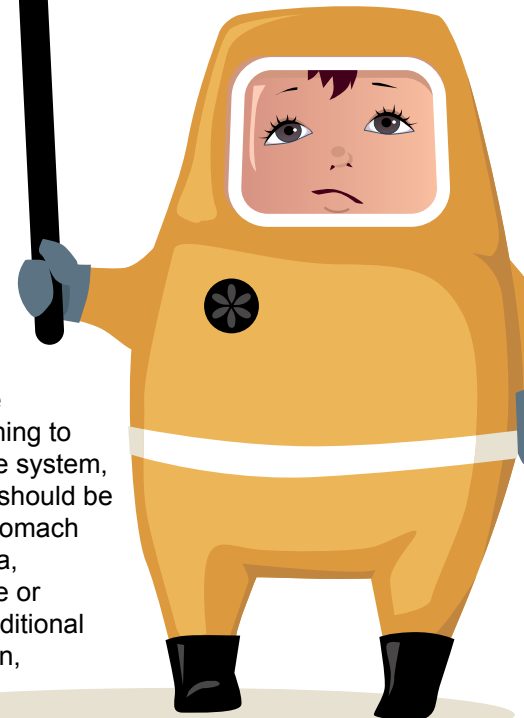
There is little surprise to learn that more and more Malaysians are learning about allergies the hard way. The growing number of allergies and people who suffer from them could be due to greater awareness, or simply part of the 'allergy epidemic' that seems to be affecting the world. Regardless of the cause, some 60% of all allergies tend to appear during the first year of life, with an estimated one in three children being affected by allergy.

Food allergy vs intolerance

Food allergy is an immune system response which responds to specific types of foods, such as shellfish (e.g. crabs, shrimp, lobsters, etc.), peanuts, egg whites, fish, or cow's milk. The response can range from responses such as vomiting and/or stomach cramps, an outbreak of hives, a sudden shortness of breath, wheezing or repetitive coughing, difficulty swallowing, weak pulse, and/or feelings of dizziness or nausea. In extreme cases, anaphylactic shock can occur, which is a potentially life-threatening situation where the body goes into shock and multiple symptoms occurring simultaneously.



Food intolerance, on the other hand, is a digestive system response, which is what happens when your child's body is having trouble digesting the food he has eaten. Now, it may be a little confusing at first as both do share some similarities – however, since food intolerance has everything to do with your child's digestive system, the symptoms you observe should be tied to it too, e.g. nausea, stomach pain or discomfort, diarrhoea, vomiting, bloating or gas. He or she may also suffer from additional symptoms such as heartburn, headaches, or irritability or nervousness.



Food Allergy	Food Intolerance
Happens suddenly	Develops over time
Sometimes even a tiny amount of the offending food can cause a lot of harm	Requires larger 'doses' of food before you see the effect
Happens each and every time he or she eats it	May have some effect if he or she eats the food often enough
Can be life-threatening	Is not life-threatening

If you do suspect that your child has food allergies or food intolerance of some kind, do make it a point to consult your child's paediatrician first. Chances are high that it is just a passing phase, and by avoiding the food that you assumed causes his allergy/intolerance would mean depriving him of any potential nutritional benefit these foods may offer him.

Keeping track

Since there is no test that exists which is able to conclusively determine what your child is intolerant to, the only reliable means is the good old, scientific method of observation and study – this can be achieved by keeping an accurate food diary. The main points you need to keep track of are:

- what you have given him or her,
- when and in what quantity was it given,
- symptoms, if any, that may have appeared.

Sample of food diary

Baby Food Reaction & Allergy Log

Food	Date given	Quantity Given	Immediate Reaction	Reaction within 1 day	Reaction up to 3 days post.	Allergic Reactions																			
						Breathing difficulty	Abdominal pain	Diarrhea	Constipation	Coughing	Sneezing	Gas	Skin Rash	Swelling	Mouth Irritation	Mouth rash	Eye irritation	Stuffy nose	Runny nose	Vomiting	Hyperactivity	Lethargy	Irritable	Sleep Loss	Sleepiness
	/																								
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source: www.freeprintablemedicalforms.com/preview/Baby_Food_Reaction_and_Allergy_Log

This is the most reliable way to discover if any food in particular is causing your child to suffer. In fact, if you suspect that you are also suffering from food intolerance, this may be a great way for you to find out what exactly is causing you that upset stomach or bloated tummy!

This food diary should be continued until the culprit foods causing the symptoms have been identified. However, do note that a food diary is only as useful as its entries, so keep them for at least two weeks in order to identify any common patterns or symptoms.

Remember, you should not avoid any food or food groups for too long in order to ensure your child's diet remains nutritionally sound. If any food or food groups need to be avoided, do discuss it with a dietitian or nutritionist in determining a strategy to deal with his food intolerance. **PP**

An educational contribution by



Malaysian Paediatric Association

Billions of Good Bacteria for a Healthy Digestive System

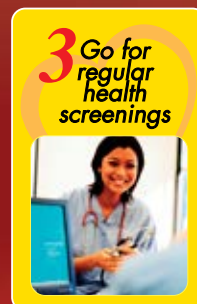
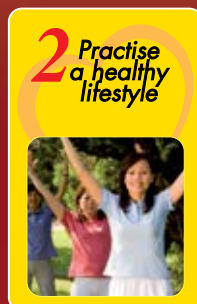
Why is your digestive health so important?

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.*

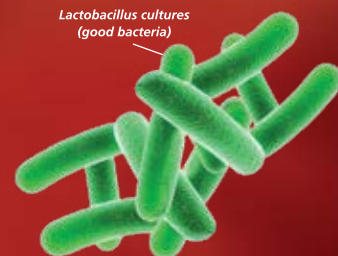
A healthy digestive system is central to your overall health and wellbeing. Not only does it process food and transport important nutrients, vitamins, and minerals throughout your body, it is your body's first line of defence against diseases because 70% of your immune system lies in your digestive tract.

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. **

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

Goodness of Probiotics

Probiotics can benefit your digestion if consumed regularly.

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

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Kids and IBS

By **Dr Nazrul Neezam**, Consultant Paediatrician and Paediatric Gastroenterologist & Hepatologist

Irritable bowel syndrome (IBS) is not a disease in itself – it is a collection of symptoms that usually happen together. It should be noted that while IBS can cause your child to show frequent symptoms, his gastrointestinal (GI) tract is not physically damaged.

Did you know?

The cause of IBS is unknown and has been linked to both physical and psychological (or mental) causes.

The various symptoms that are related to IBS include:

constipation

bloating

diarrhoea

abdominal pain or discomfort

If your child suffers from any one or a combination of these symptoms, at least once a week for about two months, then there is a high probability that he is suffering from IBS. Do consult your paediatrician to get a clearer idea of how you can find out for sure and to learn what you can do about it.

Possible causes

Researchers are still struggling to understand what causes IBS. Some of the possible causes that have been identified include:

■ Brain-gut connection

The link between the brain and the nerves in the digestive system may develop problems which lead to IBS symptoms, e.g. diarrhoea or abdominal pain.

■ GI tract problems

A child with IBS may have a different sort of problem with the normal function of his colon. If the muscles contract too slowly, it could cause constipation and if they contract too quickly may lead to diarrhoea. Abdominal pain may happen if there are any sudden, strong contractions. Stress has been linked to increased contractions which lead to diarrhoea.

■ Hypersensitivity

Children with IBS tend to show greater sensitivity to abdominal pain than children without IBS.

■ Mental health problems

It has been shown that IBS is linked to the state of a child's mental health, and children with psychological issues such as anxiety and depression tend to be more susceptible to IBS.

■ Gender and genetics

Studies have yet to determine a definite genetic link for IBS but statistically, IBS does seem to be more common among families that have a history of GI problems. In children, IBS seems to affect boys and girls equally, but adult women seem to account for a higher percentage of IBS patients. However, the cause could be environmental or the result of heightened awareness of GI symptoms.

Treatment typically consists of making changes to your child's eating habits, i.e. adjusting his diet or nutritional intake. This includes taking smaller portions as large portions may cause cramping and diarrhoea. It should also help to take meals that are low in fat and high in carbohydrates, e.g. rice, whole-grain breads/cereals, fruits, and vegetables.

You may want to limit or avoid certain foods that are high in fat, contain caffeine, or anything with large amounts of artificial sweeteners. Some foods may also contribute to excess gas, such as beans and cabbage, so you may want to avoid these foods and/or replace them with other foods.

Probiotics can also be included as part of his diet. His paediatrician may also prescribe medications or some other form of therapy if any mental health problems are suspected. **PP**

Prevention and treatment of IBS

Since stress is often a major factor with IBS, teaching your child how to handle it is a good idea. A simple method is to simply talk to him about any problems he may face. Get him to reflect on things such as:

- Is he putting too much pressure on himself at school?
- Is he getting enough sleep?
- Does he get enough time with physical activities such as riding a bicycle or playing futsal?
- Does he skip breakfast? Does he eat too quickly or simply gulp his food down?
- Is he getting bullied or having trouble with other students?



An educational contribution by



Malaysian Paediatric Association



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):e72798
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.

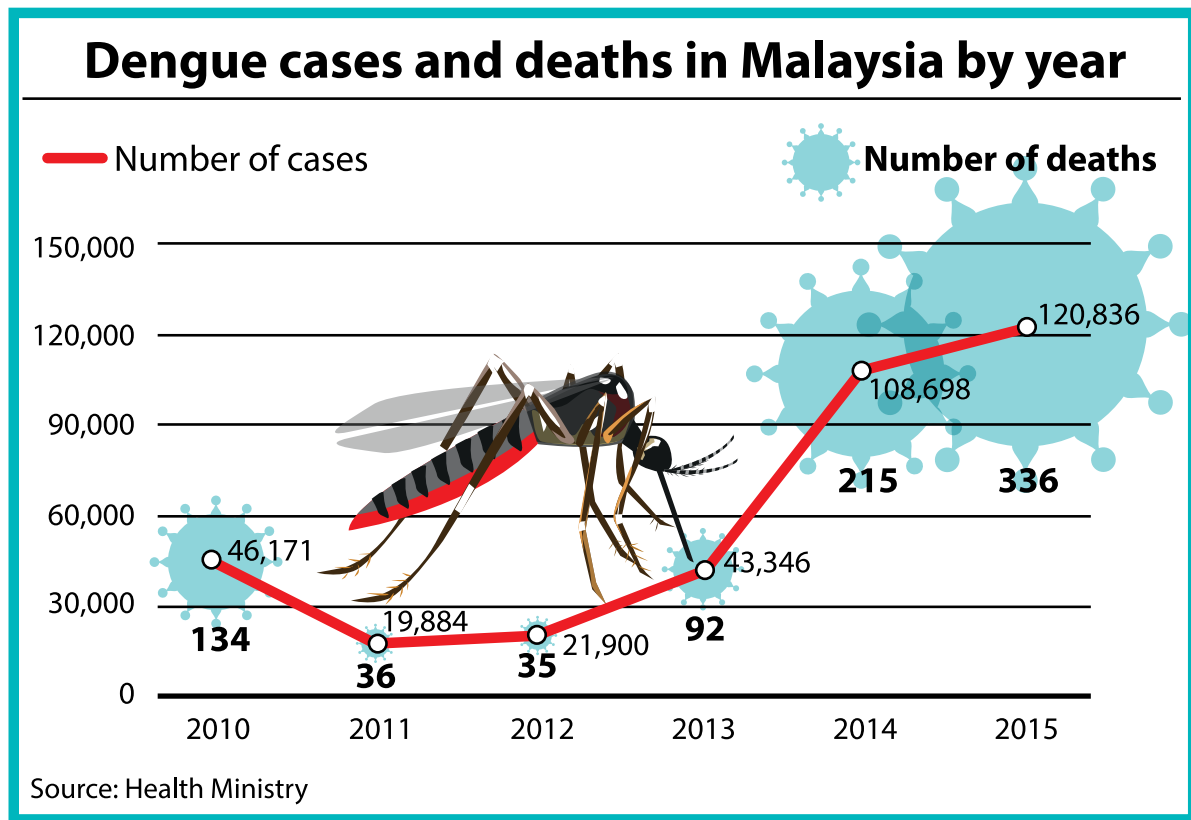
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DENGUE

Why You Should Be Worried

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



- Average of **more than 300 cases** per day (120836 cases /365 days)
- There are **more dengue cases today than all 5 main cancers** affecting Malaysians combined!
(Source: <http://www.cancer.org.my/quick-facts/types-cancer/>)
- Dengue **costs Malaysia RM50 million per 10,000 cases!**
(<http://www.themalaysianinsider.com/citynews/greater-kl/article/only-11-of-malaysians-believe-in-dengue-risk/only-11-of-malaysians-believe-in-dengue-risk>)
- Dengue **mostly affects children & young adults.**

DENGUE HOTSPOT (States)

Pulau-Pinang: 1654 cases

Terengganu: 1450 cases

Selangor: 23234 cases

Kuala Lumpur: 2813 cases

Johor: 6144 cases

- Urban residential areas are prime breeding grounds for mosquitoes.

Source: <http://idengue.remotesensing.gov.my/idengue/index.php>
Updated: Jan – April 2016

DENGUE SYMPTOMS

Dengue



$\geq 40^{\circ}\text{C}$



Severe headache



Muscle & joint pain



Nausea & vomiting



Rash

Severe Dengue



$\leq 38^{\circ}\text{C}$



Severe abdominal pain



Persistent vomiting



Rapid breathing



Bleeding gums



Fatigue

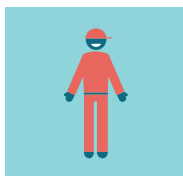


Restlessness

AVOID DENGUE



Use coil & repellent



Wear long sleeves & pants



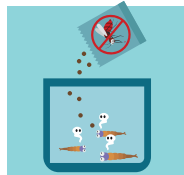
Install mesh on window



Destroy breeding space



Avoid outdoor activities at dawn & dusk



Add abate to standing water

TREATING DENGUE

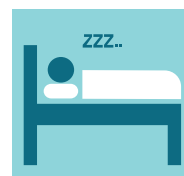
There is no medicine to treat dengue:



Monitor vital signs



Increase fluid intake



Lots of rest

A VACCINE HAS BEEN DEVELOPED

According to its developers:

- **Prevents 8 out of 10 hospitalizations** and **9 out of 10 severe case.**
- **60.8% efficacious** against all dengue serotypes.
- Already marketed in Mexico, Brazil and the Philippines.

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Malaysian Paediatric Association

YOU CAN'T SEE ME BUT I CAN SEE YOU-HOO! *

I like to play hide-and-seek, just like your kids. I'm behind the curtain, underneath your bed, inside your cupboard; just waiting for the right moment to infect you and your family. I can be anywhere and everywhere. It would be so easy to surprise you with some pain, fever, rashes and gum or nose bleed, like I did to more than 120,000 people last year¹.

So let's share the fun! I'll go hide, but I bet I can find you before you find me!

#MEETMRDENGUE

MEET **MR DENGUE**
* THE UNWANTED GUEST *

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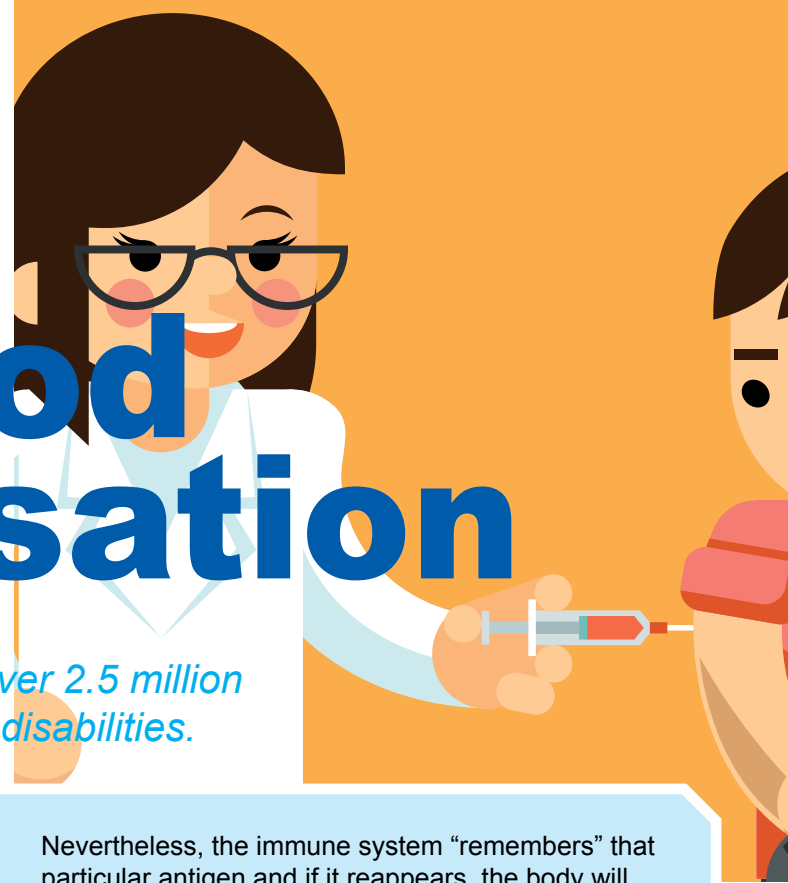
1. Dengue deaths spike 56.3% in 2015 from year before. Available at <http://www.freemalaysiatoday.com/category/nation/2016/01/06/dengue-deaths-spike-56-3-in-2015-from-year-before/>.

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Routine Childhood Immunisation

By **Dato Dr Musa Mohd Nordin**, Consultant Paediatrician & Neonatologist

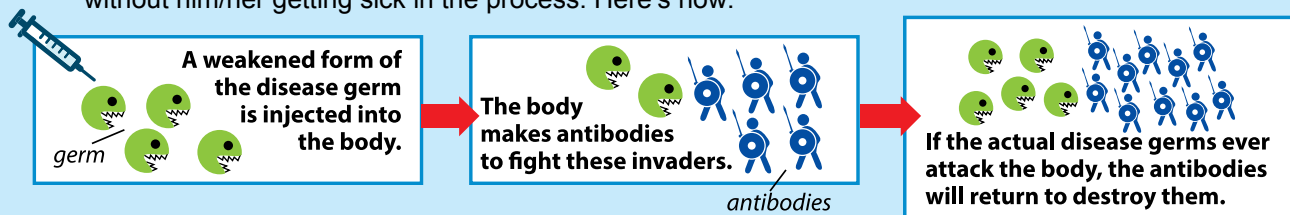
Every year, vaccines save the lives of over 2.5 million people and prevent 750,000 more from disabilities.



Immunity is the body's way of preventing disease. The immune system recognizes germs that enter the body (called antigens) and produces proteins called antibodies to fight them. Most of the time, the immune system isn't able to work fast enough to prevent the antigen from causing disease, so the child still gets sick.

Nevertheless, the immune system "remembers" that particular antigen and if it reappears, the body will be ready and respond much faster next time round to prevent any infections. This protection is called immunity.

Vaccination, on the other hand, helps your child develop immunity without him/her getting sick in the process. Here's how:



Why Vaccines?

- Routine childhood vaccinations protect your child from serious diseases like tuberculosis, hepatitis B, diphtheria, pertussis, tetanus, influenza, measles mumps and rubella.
- Vaccination protects children from serious illness and complications of vaccine-preventable diseases which in some cases can lead to brain damage or even death.
- Some vaccine-preventable diseases can also result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care.

What Is Herd Immunity?

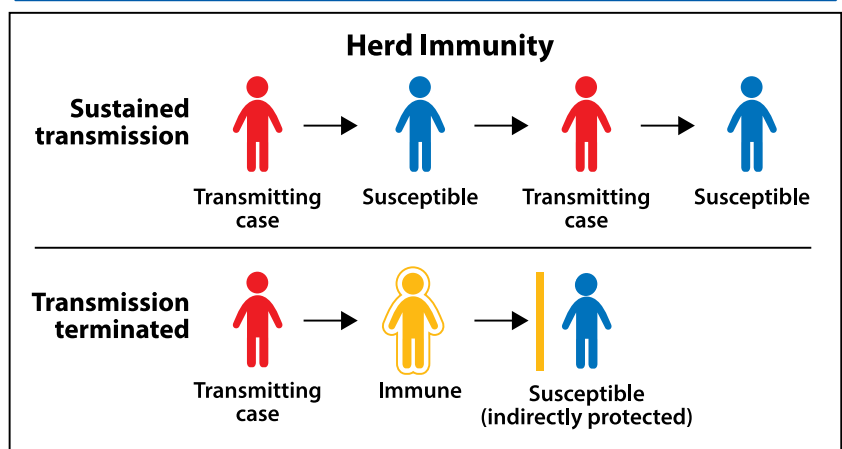












Figure - The principle underlying herd immunity is that the presence of enough immune persons in a community interrupts the transmission of an infectious agent, thereby providing indirect protection for unimmunized (or "susceptible") persons.

What Is The NIP?

NIP stands for the 'National Immunisation Programme'. It consists of a list of recommended routine vaccinations for children which must be taken – without exception! The vaccines are provided for free and is available at all public hospitals and selected clinics (klinik kesihatan).

2016 Recommended Immunizations for Children from Birth Through 16 Years Old (updated)

	Vaccine	         															
		BIRTH	1 month	2 months	3 months	4 months	5 months	6 months	9 months	10 months	12 months	18*	6 years	9 years	11 years	13 years	16 years
National Immunisation Programme (Ministry of Health)	BCG	😊											😊 (if no scar)				
	Hepatitis B	😊	😊					😊									
	DTaP			😊	😊		😊					😊*	😊 (dt2)				
	Polio			😊	😊		😊					😊*					
	Hib			😊	😊		😊					😊*					
	Measles (Sabah only)							😊									
	MMR							😊			😊						
	Japanese Encephalitis (available in Sarawak only)								😊 9 & 21 months & booster at 7 years								
	Human papillomavirus (HPV)															😊 (2 doses 6 months apart)	
	Rotavirus			2 or 3 doses before 6-8 months													
Other Recommended Vaccines	Pneumococcal			😊		😊		😊			😊 booster at 12-18 months						
	Influenza (annually)											from 6 months & above					
	Hepatitis A											from 1 year & above (2 doses at least 6 months apart)					
	Varicella (for Chickenpox)											2 doses given 3 months apart					
	Meningococcal												from 2 years or 11 years depending on brand				😊
	Tdap															from 4 years and above	

*Currently given at age 2 years due to vaccine shortage

Why So Many?

The immune system is robust and is able to take on more than just a few weakened antigens. In fact, the human body takes in far more antigens from the air, water and environment daily.

Are There Any Side Affects?

Vaccines are manufactured to meet the most stringent and highest standards of safety. However, a very small percentage of people may experience mild side effects. In extremely rare circumstances, more serious side effects can occur, like allergic reactions.

Nevertheless, we must remember that any medical intervention comes with some degree of risks. But avoiding it altogether solely because you want to avoid risk is senseless because doing nothing is also associated with risks!

Will Vaccines Cause Autism?

The association of autism with vaccination (particularly the MMR vaccine) is one of the biggest myths in

medicine. Researchers have time and time again, debunked the link between the MMR (Measles, Mumps and Rubella) vaccine and autism. The latest study which referenced 67 high quality scientific articles concluded that immunization does not lead to autism. And this has been confirmed by global health agencies eg WHO and the CDC.

Having your child immunised helps to protect them from many serious childhood infections, some of which may be life threatening. There's no doubt that vaccines are the best option for both your child and the population at large. Don't wait, make the right decision and see your doctor to have your child immunised today. **PP**

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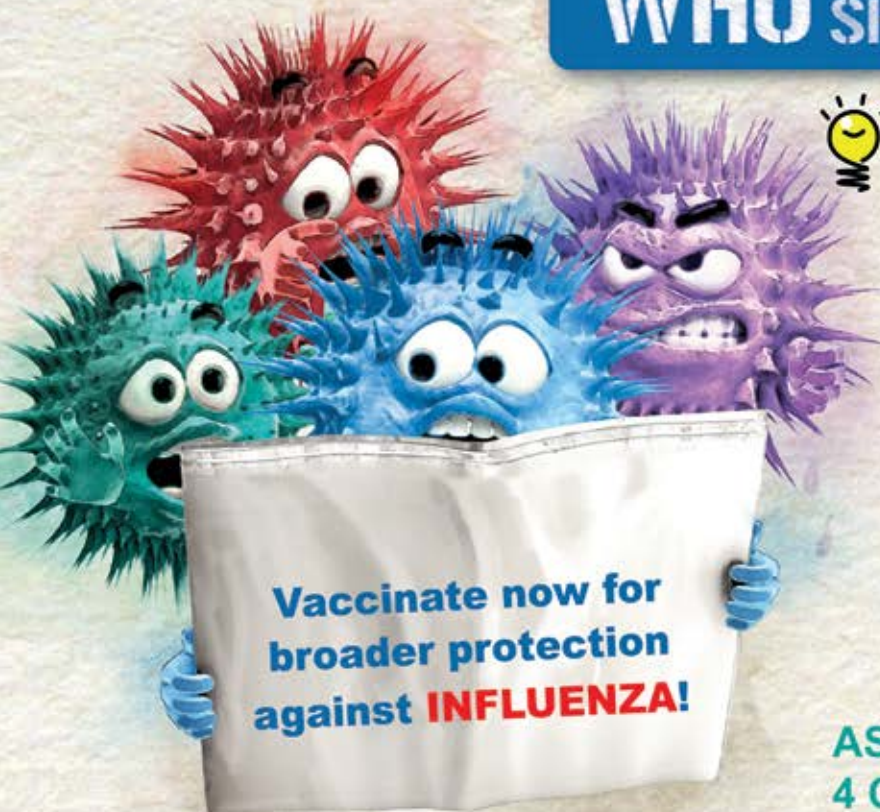


UPGRADE YOUR **FLU** DEFENCE

INFLUENZA: KNOW THE THREAT

- Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.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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Child Development

- Skills
- Socio-emotional
- Problems
- Physical Activity

Giving Your Child's Brain Development a Boost

By **Dr Rajini Sarvananthan**, Developmental Paediatrician

Your newborn is like an empty slate waiting to be filled. The first three years of his life represents a time of immense growth in all areas of his development. While his brain may only weigh roughly a quarter of the weight of an adult's brain when he is first born, yet it is packed with millions of cells and starts making hundreds of trillions of synapses (or connections) between these cells. This also happens to be one of the critical periods for different aspects of brain development, such as vision, language, cognitive, and motor development.



The National Academy of Sciences (which is a private, non-profit society of scholars) also did some research on child and brain development before releasing a report of their key findings, namely :

- 1) The foundation of your child's healthy development is dependent on your relationship with him.
- 2) His development is influenced by both the traits he was born with (nature), and what he experiences (nurture).
- 3) All the development areas (namely social, emotional, intellectual, language and motor) are inextricably linked. They each depend on, and influence the others.
- 4) His development as he adapts to the world is shaped by his experiences, which includes how his parents respond to him.

In this article, we look at your child's first year and how you can encourage his brain development to get him off to a good start in life.

Fuel for growth

Genetics do play an integral part in your baby's development but parents themselves play an equally important role. However, in your efforts to devote the necessary time and care to shower him with your love and attention, do remember to keep his nutritional requirements in mind. As your baby grows, he will eventually be weaned off breast milk.

The Malaysian Dietary Guidelines for Children and Adolescents recommends that milk and milk products should be consumed every day as part of the daily diet. Milk and milk products are rich sources of essential nutrients such as protein, several minerals (e.g. calcium, zinc, magnesium and potassium), and several vitamins (e.g. vitamins A, B2, B3, B12, and

D). These are critical nutrients needed to support the growth and development of children.

You should also ensure that his diet follows the principle of balance, moderation, and variety (BMV), which means a balanced diet (includes foods from all five food groups in the Malaysian Food Pyramid), served in moderate portions (according to the recommended number of servings per food group), and made up of a variety of foods that will meet all his nutritional needs. By meeting all his nutritional needs as well, you will ensure optimal brain development.

Baby Is His Own Person

Always bear in mind that every child is unique and will develop at their own pace and, in a manner of his own choice. Thus, it is important that you understand your child and learn what his strengths are and where you will need to offer him support. In essence, this is the best way for you to promote his healthy development.

To begin with, it is important that you help your newborn feel comfortable with his new world in his first two months of life. Everything is new to him, and he is still learning how to regulate his eating/sleeping patterns and trying to sort out his emotions. Do your best to keep him content and ensure that he feels safe and secure.



0-2 months

■ **Careful observation required** – active observation will help you to figure out what his cries are telling you. Any experienced paediatrician (or parent) will tell you that babies have different cries for different needs. Learning how to identify them will make your life just that little bit easier!

■ **Take appropriate action** – after observation comes response. By responding promptly, you are ensuring that he feels loved and important. This will help build a positive sense of self and encourages him to communicate more. Remember, you cannot spoil a baby. A loving response helps him to learn the skills he needs to eventually to soothe himself. Best of all, you are forging a strong bond with him, thus ensuring healthy brain development.

■ **Entertain him!** Keep a running commentary about the goings-on around him. This is the time in his life when he starts to establish eye contact with you, grasp your finger, enjoy your touch and respond to your voice. Objects which are brightly coloured may also start to interest him. While he may not understand the words you say, hearing your voice goes a long way to forging a closer bond with him. Do keep in mind that your tone of voice and a lot of eye-contact go a long way!

2-6 months

■ **I wanna talk too!** Babies tend to be very interactive at this stage as they try to communicate with you. They will smile and babble, with occasional pauses as they wait for your response. Your baby will also start to imitate you, which is all part of

the process of learning new skills. By actively participating in these early 'conversations' with him, you will have plenty of opportunities to expose him to many new words before he learns to talk.

■ **Exploring is a great way to learn** – by looking at, holding and putting their mouths on different objects, he is actually learning about his world. Most babies will start reaching for, and trying to hold things, at around three months. For safety, ensure that any object he can get to is safe for babies and that it does not fit entirely in his mouth.

■ **Going places** – by the time he is four to six months old, his control of his body would have improved. He may be able to roll left/right, be better at reaching for and grabbing things, and may even be able to sit up with some assistance. Make sure you get

down to his level and check your house to ensure that it is safe for baby, e.g. plug up all electrical outlets, block off access to stairs, cover all sharp edges to prevent injuries to baby, ensure all cabinets/drawers are baby-proof, etc.

6-9 months

■ **Focus on communication** – most babies at this age love to communicate with sounds, gestures and facial expressions. They start off with monosyllable babbles but you can associate some sounds with specific people e.g. ‘mama’ for Mummy and ‘papa’ for Daddy. Be sure to keep talking to him, even going to the extent of narrating your actions, e.g. “Here’s your favourite toy, see how fluffy it is?” If he responds to you, be sure to reply to him. Keep your ‘conversation’ going as long as possible.

■ **Going places, part two** – his motor skills should improve even more by this age. Encourage him to roll, creep, crawl, or stand as much as possible. If he wants to get a toy, don’t keep getting it for him but let him work for it instead; hold it up so that he has to grab it, or

put it just out of his reach so that he has to walk to you. By letting him do things on his own, you are also building up his confidence. However, remember to create a baby-safe environment.

9-12 months

This is quite possibly the most delightful stage for most parents, as most babies are able to communicate effectively with actions and sounds.

■ **Baby is a great listener** – at this stage, your baby can understand more words than he can verbalise and can even follow simple instructions such as “Pick the ball up”. At this point, you should continue with your ‘conversations’ as it does help him to learn language. If you see him looking at things, tell him about them, e.g. “Isn’t the moon lovely? See how bright it is!” Imitation of sounds may emerge and it is important that you associate these sounds with actions or objects around him e.g. ‘mum-mum’ for food,

■ **Going places, part three** – he still can’t get enough exploring and will creep, crawl or walk all over. Let him have his ‘exercise’ but make sure you check that it is safe for him to do

so. Alternatively, you can play with him as he moves about; make a trail using his toys or play peekaboo or hide-‘n-go-seek.

■ **Out of sight is not out of mind** – by now, he knows that things (and people) still exist even though he can’t see them. Playing hide-‘n-go-seek helps him better understand this concept. In the same vein, if you need to go somewhere without him, do not sneak out! Be sure to tell him so and say good-bye. This helps to build up his trust in you and it also aids him in working out difficult feelings.

■ **Repetition is the key** – by repeatedly doing things, he is actually working on his motor skills and memory through play. This also helps him to figure out how things work. You can help by playing along, e.g. if he keeps banging building blocks together, try to see if he would prefer stacking them instead. Try to enrich his experience with other activities, e.g. rolling or tossing a ball, shaking or banging a rattle, or letting him play with a bead maze/puzzle. This will help to teach him how things work, while building up the muscles in his hands that he will need when he starts to write.

Other Things To Try

Demonstrate how cause-and-effect works by letting your baby be involved with actions that have observable effects, such as letting him turn on the lights or turn on a tap. At this point, it is important for you to follow his lead.

Take note of what piques his interest and if it is safe to do so, allow him to explore it. Try to encourage him and remember to talk to him as he explores it. You can help him to fully engage his senses, pointing out things such as smell, sound, texture, taste, or look.

Showering Him With Love

Like it or not, your baby is learning every single second

of every day. So make it a point to show him that he is loved, is important to you and he is fun to be with. In this way, you will help ensure that you give his social-emotional skills the boost it needs, to ensure that he develops a healthy helping of self-esteem and self-confidence, which will stand him in good stead as he grows into adulthood.

Lastly, don’t be afraid to talk to your child’s paediatrician if you have any questions about his development. Remember, early intervention may help to minimise any delays in his development. **PP**

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The 'Entitled' Child

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



Any of these sound familiar? Well if it does, you may be raising entitled kids. If you have an entitled child or want to prevent yours from becoming one, then you have come to the right place.

One who feels entitled gets frustrated, insulted or offended easily. This kind of person lives a pretty miserable life. Want a happier life? Stop feeling so entitled. There is much more to life than our ownership of transient things and ideas that do not last.

Entitlement is something that we think we are entitled to or inherently deserve. Children may develop this sense of entitlement, if they are allowed to believe that they can get or deserve anything they want, at all cost. This sense of entitlement is a false one.

Once your child grows up and goes out into the real world, he/she will have to work for what they want, just

like everyone else. The key is to teach your child the value of hard work and shared responsibilities for what we get back.

The Spoilt Brat

A main concern that comes from this false sense of entitlement is being a "spoilt brat" who expects to be given everything that he/she wants. You see this false sense of entitlement in frequent expression of jealousy, complaints of unfairness towards them, as well as demanding attention, praises, favours, or gifts, that leads to frustrations and misery on both sides – child and parents.

The concept of 'fairness' on the other hand, starts to appear in children when they realise that getting something that others have is an acknowledgement of being distinguished as an individual. Hence, it is only natural that they feel jealous. Jealousy can even be seen in animals such as apes, dogs and cats. However, as natural as jealousy or the concept of fairness are, it is wise as parents not to give in to children's demands all the time, as this would give them a false sense of entitlement that would become very problematic as they grow older.

Deal With It

In life, you do not always get what you want and there will always be conflicts of interest when other people are involved. Therefore, children need to know how to adapt and cope with not getting what they want.

Children learn about entitlement very early on from watching people around them, especially once they understand the concept of ownership and the ability to obtain things they want. Very soon they start to feel that the world revolves around them and that they are entitled to everything their hearts desire.

As such, they usually get upset and throw a tantrum if they don't get what they want. Don't give in so easily, let them cope with disappointment and explain to them the reasons why they can't have everything go their way. Speak the truth but lace it with affection to let them know you mean well.

Putting Things Into Perspective

Part of human socialisation is the concept of being entitled or deserving of praise and rewards; this is also considered a sense of entitlement. It is important that children learn that this kind of entitlement is temporary and context driven. Just because one has been called, "Good boy" or "Clever girl" does not mean they can never do any wrong or make a mistake. A child with a false sense that they are always going to be good or clever are at risk of forming a black-and-white pattern of thought, that assumes they must always be praised or they should be punished.

This can be a significant problem as they grow into adolescence where their emotions like disappointment may become impulsive reactions. Many secondary school teenagers feel that they deserve high grades just because they are "clever".



To prevent a false sense of entitlement parents should teach their children adaptive behaviour skills and attitudes:

- If you really want something, you need to earn it for yourself – go out there and work for it.
- Disappointments i.e. getting what you don't like, or not getting what you like, is part of life and not due to who you are.
- If one way is blocked, use another way until you finally get to where you want to go.
- If you haven't got the skills, learn them. You gain nothing by lying around moping and feeling sorry for yourself.
- Encourage the celebration of skills in others and the self – this reduces the chance of jealousy as your children grow up, plus this attitude nurtures friendships and feelings of gratitude.
- Learn to be grateful and create an environment of giving.
- Being a good example to your child - Children learn from watching their parents and people around them and therefore remember to practice what you preach.

Parents also need to remember to encourage diligent work and determination by rewarding your child's efforts. Provide plenty of opportunities for them to learn skills and cope with disappointments, so that you can show them you value their willingness to adapt, learn and achieve. The world is constantly changing and adaptation is key. Feeling entitled only keeps you stuck and one point and this would bring pain when things change around you. **PP**

An educational collaboration with



Shake That Booty!

By **Dr Mahenderan Appukutty**, Nutritionist/Sports Scientist

Dance can be considered a form of learning which most children will not only enjoy, but also find it a fun way of learning by doing (kinaesthetic learning). Best of all, with the increasing statistics of child obesity, dance represents an excellent form of exercise!

After all, it is part of the Ministry of Health's recommendation that children get at least 60 minutes of moderate intensity physical activity daily and, participate in more rigorous activities that increase muscle and bone strength, at least three times a week.

So not only will dance help your child burn off any excess energy he may have, it also helps him stay healthy and offers many other benefits. Dancing actually involves multiple brain functions simultaneously. It has been shown that dancing actually helps form more neural paths and greater neural connectivity, which means higher intelligence.

Never Too Young

Even from the age of a month or two, your toddler is able to respond to music. You may find him smiling at you, or doing his own imitation of dance by swaying or perhaps waving his arms or legs around.

Do bear in mind that even before they are born, babies are paying attention to sound and rhythm, e.g. speech intonation and mum's heart. By the time they are able to walk, your toddler's gross motor skills have improved sufficiently for him to 'dance' by moving his body up and down.



How Dance Helps

Dance is a powerful tool that can help cultivate many aspects your growing child's development and is not limited to just the physical. Dancing helps integrate several brain functions at the same time, namely kinaesthetic, rational, musical, and emotional. This helps to further increase your child's neural connectivity, opening up more neural paths.

Let's take a quick look at each of the benefits:

■ Physical Development:

Compared to other physical activities, dance is more physically demanding as it involves a higher range of motion, physical endurance, stamina and coordination. Dance can improve muscle tone, correct poor posture, increase balance and improved overall cardiovascular health. The beauty of dancing is that the entire body is utilised, thus making it an excellent choice of exercise. Among other benefits include improved bone density and a healthier heart and lungs.

■ Emotional Maturity:

By allowing young children to express their emotions via dance, they gain self-awareness, self-confidence, and self-esteem. This helps promote better psychological health and maturity, in addition to an outlet for physical release.

■ Cognitive Development:

Dancing helps improve your child's cognitive skills. Dancing is a vigorous activity which floods his brain with a plentiful supply of blood, thus ensuring that it functions well. The dynamic nature of decision-making (e.g. the next dance steps that need to be taken) helps improve brain function, thus improving his mental capacity since his body and cognitive processes will be getting a workout.

■ Disciplined Mindset:

Dance often includes a rigorous routine of memorisation of dance routines or sequences of movement. This leads to improved balance, spatial awareness and best of all, helps promote a detail-oriented way of thinking in your child.

■ Social Awareness:

Dance classes provide young children with opportunities for social encounters. The fun and often challenging aspect of working in a group will benefit your child as he will learn about social interaction and cooperation.

Let's Dance!

With so many benefits to offer, dance is something that you should seriously consider for your child. Remember, the benefits transcend gender – boys and girls will both benefit from dance.

So how do you get your child started? A simple method would be to sign him up for dance classes. There are numerous dance styles to choose from, such as ballet, tap dancing, social dancing (e.g. jazz, foxtrot, cha-cha, etc.) or traditional/cultural/ethnic dancing (e.g. Mak Yong, Kuda Kepang, Joget, lion/dragon dance, Bharata Natyam, Bhangra, etc.)

If these choices do not appeal to your child, there are other contemporary dance styles to choose from such as hip-hop, Zumba, or street-dancing. So there is absolutely no reason not to get him to boogie! **PP**

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My Positive Teen

- Socio-emotional
- Conditions and Diseases

Dealing With Rebellious Teens

By Assoc Prof Dr M Swamenathan, Consultant Psychiatrist

Truancy, smoking, breaking curfew, constant bickering, shoplifting – being rebellious is about proudly asserting individuality or deviating from what parents (or the society) like, want or expect. But what's with this rebellious behaviour? Whose fault is it? As parents, you need to know how to prevent, prepare for and handle your unruly teens.

It's important to note that teens are naturally rebellious; an argument every now and again does not mean your child is troubled. On the contrary, it means they are developing healthily and have the confidence to express their views and are capable of forming their own opinions.

Teenagers become rebellious for many reasons, we've all been through it as young adults. Some are typical, like the frustration of strict discipline at home, hormonal changes, peer pressure and fear of failure over high/unreasonable expectations. Meanwhile, others may have more serious problems at home (e.g. Parents constantly fighting, alcoholic parent, physical and emotional abuse, financial pressures).

While the teenage rebellious phase is normal, you should still look out for red flags of a troubled teen:

- Communication between the both of you begins to crumble over time and your teen consistently tries to avoid you.

'Rebellion' is simply behaviour that deliberately opposes the ruling norms or powers that be – most of the time that's you, the parent.

- Constantly fighting even over trivial issues. Outbursts are common.
- Your teen is being dishonest and deceptive as they try to lie their way out of deviant actions.
- They always seem angry and detached from the rest of the family.
- Abrupt weight gain or loss.
- Self-harm (e.g. cuts, lacerations, bruises that appear without solid reasons to how or when they occurred).
- Sudden change in friends.
- Skipping school often, getting into fights at school, poor grades.
- Signs of tobacco, alcohol, or drug use.

So what is it they hope to achieve by pushing your buttons? First of all, you need to understand that your kid is in the process of moving away from you. It's an important part of their growth – wanting to become independent. They may also want;

- more attention
- to discover who they are and how they fit into this world
- to show discontent
- to disconnect, run away or distract themselves from a troubling issue
- to be accepted by their peers

The approach you use to handle your teen varies based on the seriousness and type of behaviour they show, but essentially you should:

Spend Quality Time

Some parents are unable to relate to their teens. As a result, they don't know how to talk or react around them. This awkward situation creates an uneasy vibe between parent and child causing communication between the two to deteriorate. Work on being approachable, flexible and understanding. Spend more time getting to know your teen by having fun together, from time-to-time have meaningful conversations or ask their opinion about something significant in both your lives. When they are comfortable around you they feel more compelled to open up and talk to you, the feeling goes both ways.

Practice Discipline Early On

Set reasonable rules and be clear about them. Make the rules together, discuss and debate healthily; teens are less likely to break rules they themselves helped create. It also shows them you respect their opinion and are open to accept them at the same time.

Be Affectionate And Supportive

Provide the support they need and deserve even when you are disappointed by their behaviour. Constructive criticism and positive reinforcement works better than being judgemental and controlling. The "I told you so" method is also outdated and only invites resentment; try to avoid that however enticing it may be to use it.

Provide More Decision-Making Opportunities

As children grow older, they want to do things themselves without being constantly monitored. Making

their own decision allows them to learn and grow even if those decisions are bad. The important thing is to create a safe environment for your teen to take risks for their growth. They'll still need your guidance and advice along the way; and make sure you're there to catch them if they fall.

Respect Their Privacy

Teens need their alone time and personal space. Unless you suspect something is suspiciously wrong or see warning signs of rebellious behaviour you shouldn't invade their privacy. Keep tabs on them; know where they're going, when they'll be back and so on. Otherwise, trust your teen to do the right thing and let them know that abusing this trust will result in serious repercussions and a scale-back of existing freedoms.

Give Credit Where Credit Is Due

Children and teens thrive on the good words their parents give them over a job well done. Never withhold acceptance, forgiveness or encouragement because it can help increase your teen's self-esteem and confidence. It also indicates to them that you care about what happens in their life and appreciate and love them unconditionally.

If your teenager is getting into increasingly difficult situations, you may need help. Rebellion in the teen years is normal, but, if you do identify red flag behaviours, consult a doctor, counsellor, therapist, or a mental health professional for help. **PP**

An educational collaboration with



Malaysian Psychiatric Association



Positive Parenting

Malaysia's Pioneer Expert-Driven Educational Programme

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

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

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

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

Key activities of PP

• Positive Parenting Guide:



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

• Website:



www.mypositiveparenting.org: One-stop digital portal with hundreds of articles, recipes and easy access to paediatricians.

• Facebook:



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

• Talks and Seminars:

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



• Educational press articles:



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

~ Our Collaborating Expert Partners ~



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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