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Learn what protein can do for your child

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That is why we bring together expert organisations and caring corporations through Positive Parenting to partner you in your parenting journey.

Positive Parenting is the nation’s expert educational programme on maternal, child and family wellness.

It equips Malaysian parents with reliable, practical information to help you protect, nourish and nurture your child to his or her fullest potential.

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

Positive Parenting is Malaysia’s Expert Educational Programme for Parents on Maternal, Child & Family Care, initiated by Malaysian Paediatric Association.

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• Positive Parenting Guide, Distributed in hospitals & clinics
• Talks & seminars. At the invitation of companies & organisations
• Educational articles by our experts. In selected newspapers & magazines
• www.mypositiveparenting.org An educational website

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Positive PARENTING

Dr. Zulkifli Ismail
Past President, Malaysian Paediatric Association & Chairman, Positive Parenting Management Committee

Parental awareness and education is vital in raising healthy children."
Dr. M. Mohd. Nordin
Honorary Secretary, Consultant Paediatrician

"Nutrition is the foundation to good health."
Professor Dr. Nordin A. Kasim
Honorary Secretary, National Paediatric Association

"Mental health and resilience start with the family."
Datin Dr. Ang Kim Teng
President, MMHA

"A healthy pregnancy gives your baby a good start in life."
Dr. H. Krishna Kumar
Consultant and Head of Department of Obstetrics & Gynaecology, President, OGSM

"Strong families are central to raising children with values and principles."
Dr. Anjli Doshi-Gandhi
Deputy Director-General (Policy), National Population and Family Development Board Malaysia

"Mental health is a key component in every child’s total health and well-being."
Dr. Asafochukwu Onyeoma
Consultant Psychiatrist

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"A healthy eating habits and good food choices must be cultivated from young."
Professor Dr. Poh Bee Koon
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"It’s easy to be parents, but to be good parents, we need to develop positive parenting skills."
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6
Children and Cancer

How you and your family can cope with the trauma.

How does it happen?

All cancers have a common process — cells will grow out of control, develop into abnormal size and/or shape (ignoring the usual boundaries within the body), destroy neighbouring cells, and ultimately, spread to other organs and tissues.

Based on the National Cancer Registry Report (Malaysian Cancer Statistics, 2007), the most common cancers in children below 14 are leukemia, brain cancer, and lymphoma.

Normally, the factor(s) that can trigger cancer in children are different from those that cause cancer in adults. These are often the result of DNA changes in the cells which occur early in the child’s life, sometimes even when your child is in the womb.

Childhood cancers are seldom linked to lifestyle or environmental risk factors. In most cases, non-inherited mutations (or changes) in the genes of growing cells are the cause, but since these errors occur on a random and completely unpredictable basis, there are no effective methods of prevention.

Going for regular check-ups may help, as your child’s doctor might spot early symptoms of cancer. However, most of the symptoms (like frequent infections, fever, swollen glands, bruises, or anaemia) are also common in other infections or diseases that are more common than cancer. Nevertheless, unusual features like prolonged fever, weight loss or unusual lumps and abdominal distension should not be dismissed.

If you suspect that it might be cancer, it’s important for you to seek immediate help from a medical centre that specialises in paediatric oncology (treatment of childhood cancer).

Introduction to Cancer in Children

Children and Cancer

How you and your family can cope with the trauma.

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脑癌

脑癌是由异常细胞不正常生长所引起的。这些细胞形成肿瘤，肿瘤的形状、大小和位置会因细胞类型而异。脑癌的症状可以从轻微到严重，这取决于肿瘤的位置。外在症状可能包括头痛、恶心、呕吐、行走不稳、视觉问题、语言障碍、性格变化或认知问题。

淋巴瘤

淋巴瘤是源自身体淋巴系统中淋巴细胞的癌变。淋巴细胞是免疫系统的重要组成部分，负责抵御感染和疾病。

骨癌

骨癌是源自骨组织的癌变。骨癌的症状包括疼痛、肿块、骨质疏松、运动受限或体态不协调。

肉瘤

肉瘤是源自肌肉、结缔组织、脂肪和神经组织的癌变。肉瘤的症状包括肿块、疼痛、运动受限或体态不协调。

因此，如果您发现任何不寻常的肿块或疼痛，请立即寻求医生的帮助。

儿童癌症

儿童癌症是儿童健康的主要威胁之一。在儿童时期，身体的快速生长和发育使儿童更容易患上癌症。儿童癌症的类型包括白血病、脑癌、淋巴癌、骨癌和肉瘤，这些类型的癌症通常在儿童时期发生。儿童癌症的症状可能包括疲劳、体重下降、发热、疼痛、肿块或体态不协调。

儿童癌症的治疗包括化疗、放射治疗和手术。化疗是通过药物杀死癌细胞，放射治疗是通过放射线杀死癌细胞，而手术是通过移除癌细胞来治疗癌症。

儿童癌症的早期发现是治疗成功的关键。因此，如果您发现任何不寻常的肿块或疼痛，请立即寻求医生的帮助。
What causes cancer in children?

Most adult cancers are linked to lifestyle and environmental related risks, which include the effects of unhealthy diets, insufficient exercise, and habits like smoking and drinking alcohol.

While a lot is known about cancer in adults, sadly, the actual causes of childhood cancers are still largely unknown.

Doctors have long suspected environmental risk factors to be one of the main causes of childhood cancer, but it is extremely difficult to determine precisely what factors are responsible; each type of childhood cancer develops differently, and each has a wide variety of causes. To date, there have been no conclusive findings, but in recent years, doctors have improved their understanding of the link between DNA and childhood cancer.

Parts of your child’s DNA contain instructions that control the growth and division of their cells, and during their growing years (both before and after birth), mutations in the DNA can cause cells to become cancerous.

While some children may inherit DNA that increases their risk of cancer from one or both of their parent(s), most childhood cancers are caused by DNA changes that occur early in the child’s life, sometimes even before birth.

When DNA is switched from one chromosome to another, certain genes can be changed. This change is called a translocation, and can happen when a cell is dividing into 2 new cells.

A translocation means that DNA from one chromosome breaks off and becomes attached to a different chromosome. This kind of DNA mutation can happen at any point and is known as an acquired mutation.

Acquired mutations usually start in one cell of the body, and the mutation is passed on to all the cells that come from it. These acquired mutations normally appear only in the cancer cells.

Although the causes of mutations responsible for adult cancers are known (like the cancer-causing chemicals in cigarette smoke), the reasons for DNA changes that cause the vast majority of childhood cancers are not known. Some may have external causes that have not yet been found, but most are likely to be random events that sometimes occur inside a cell, without having an external cause.
Early Detection, Diagnosis and Staging

Early detection of childhood cancers

Although childhood cancers are not as common as other diseases, it is important to keep your eyes open for any signs or symptoms that your child may exhibit in order to detect it as early as possible. This will ensure that your child can be treated as quickly as possible and his or her chances of survival will also be much higher.

Unfortunately, the exact cause of cancer is unknown in most cases. What we do know is, that cellular changes are often where childhood cancers start, but we do not know when or how it happens and neither can we predict whether it will happen. What this means is that there is almost nothing that can be done to prevent childhood cancers, which makes it even more critical that they are detected as early as possible.

Tanda-tanda yang perlu diawasi

Since the symptoms will vary according to the type and location of the cancer, it is generally difficult to point out to any particular symptom to watch out for. However, you should immediately take action if your child has any of the symptoms below, especially if more than one is present at the same time, or if the symptoms frequently occur or persist despite seeing a doctor:

- Swelling or persistent pain in bones, joints, back, or legs
- Unnatural lump/swelling in any other part of the body
- Any distension/swelling in the abdominal area
- Constant tiredness or noticeable paleness/pallor
- Prolonged/recurrent fevers with no obvious cause
- Sudden unexplained weight loss
- Seizures, with/without drawn-out bouts of vomiting
- Headaches, often with nausea/vomiting
- Appearance of excessive bruising, bleeding, or rash on his or her body
- Unnatural lumps/swelling in any other parts of the body
- Paleness/pallor
- Unexplained weight loss
- Persistent pain in bones, joints, back, or legs
- Lumps or swellings in any other parts of the body
- A high degree of suspicion is expected of doctors in diagnosing childhood cancers.

Who can you consult?

Since not all paediatricians are trained in oncology (which is a branch of medicine that specialises in cancer), you may want to consult a paediatric haematologist-oncologist in order to get a more accurate diagnosis. If your regular paediatrician is not well-versed in oncology, get him or her to recommend a specialist.

In order to arrive at a correct diagnosis, there are different tests that can be administered. The exact method of testing will depend on what childhood cancer is suspected, but may include:

- Blood test – some blood is taken.
- Biopsy – a small amount of tissue from the suspected cancer growth is removed.
- Bone marrow aspiration – a sample of bone marrow is taken with a needle from the hip bone or the leg bone.

Signs to watch out for

There is no ‘one size fits all’ approach for doctors to diagnose childhood cancers as they encompass a wide range of different cancer types, all of which affect different organs. A high degree of suspicion is expected of doctors in diagnosing childhood cancers.

Since the symptoms will vary according to the type and location of the cancer, it is generally difficult to point out to any particular symptom to watch out for.

For example, if your child has any of the following symptoms:

- Paleness/pallor
- Unexplained weight loss
- Persistent pain in bones, joints, back, or legs
- Lumps or swellings in any other parts of the body
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Cancer Survivorship
Kemandirian Pesakit Kanser

Support & survivorship / Sokongan & kemandirian

Anyone who is suffering from childhood cancer, or has suffered from it, can go on to lead normal lives. The most important thing is not to give up hope, as most childhood cancers can be treated, and survival rates are increasing.

New treatments are becoming available which are more effective. For many common types of cancer, especially those detected at an early stage, the long-term survival rate is now above 80%.

Cancer support groups

For treatment, you may refer your child to any hospital that provides oncology services. But what happens if you find that you or your child needs someone to talk to?

Some hospitals will have their own parent and patient support group which provide you with emotional support. You can share your personal experiences with the group and gain a sympathetic and empathetic network to get you through the traumatic experience of childhood cancer.

There are also other avenues where you can get more information and even get in touch with parents and patient support groups to help you and your family cope with the trauma. They include:

- National Cancer Council / Majlis Kanser Nasional (MAKNA)
- National Cancer Society of Malaysia (NCSM), which has branches in KL, Penang, Johor, Perak, Sarawak, and Negeri Sembilan / Persatuan Kanser Kebangsaan Malaysia (NCSM), yang mempunyai cawangan di KL, Penang, Johor, Perak, Sarawak, dan Negeri Sembilan
- CARES Parent Support Group (only in Klang Valley) / CARES Kumpulan Sokongan Ibu bapa (Hanya di Lembah Klang)
- Sarawak Children's Cancer Society / Persatuan Kanser Kanak-kanak Sarawak (SCCSS)

Farah had to leave school for a year when she was just 11. She was diagnosed with brain cancer and sought treatment at a local hospital in the Klang Valley. However, she survived her ordeal, and made a full recovery in 2001. The 23 year old from Kuala Lumpur now works at CIMB Bank, and is looking forward to a bright future.

Virus On The Loose
Learn more about influenza and ways to prevent transmission.

By Datuk Dr Zulkifli Ismail, Consultant Paediatrician & Paediatric Cardiologist

The flu is a seasonal disease that normally occurs during the colder months or during the ‘flu season’. According to the Health Ministry, influenza surveillance in Malaysia from 1997 to 2005 showed that the incidence of influenza virus infection is typically higher during March and July. However one can still contract the flu at any time of the year as we do not have the typical winter months that those in seasonal countries experience.

This epidemic can seriously affect all age groups, but the highest risk of complications occurs among children younger than age two as their immune systems are less mature. According to the Centre for Disease Control and Prevention, more than 200,000 people are hospitalized each year from the flu, and about 36,000 of them die from the flu-related illnesses. Children are hit the hardest!

It is therefore very important to take preventive measures to ensure that you and your child do not contract this virus.

Fast facts

Types – Influenza viruses are divided into three types: A, B, and C. Influenza A usually causes the most problems in humans.

Duration – After 5 days, fever and other symptoms will usually disappear, but a cough and weakness may continue. All symptoms are usually gone within a week or two, provided no complications occur.

A child who is sick has to have been in the very early stages of the flu (12 hours or less, before the fever sets in), during the illness, or up to 24 hours after the fever has broken in order to contaminate others. This means that your child can pass on the flu to another before you or your child even knows that he or she is sick.

Preventing the spread

Yearly flu vaccination is the most important and effective way to protect your child against this serious disease. Because the flu virus is constantly changing, the influenza vaccine is regularly updated to make sure it protects against different strains that are circulating in any particular year or season.

The most recent 2012-2013 vaccine protects against the influenza A (H1N1) virus, the influenza A (H3N2) virus and the influenza B virus.

Children six months up to nine years of age getting a flu vaccine for the first time will need two doses of vaccine the first year they are vaccinated. If possible, the first dose should be given as soon as the vaccine becomes available. The second dose should be given 28 or more days after the first dose. Subsequently, they need one dose every year.

Children younger than six months face the highest risk of serious complications. However, because they are too young to receive the influenza vaccination, parents, guardians and those who care for them should be vaccinated to protect these little ones as well as themselves. As it is well-known that influenza complications like secondary pneumococcal infection leads to serious complications and death, these children are advised to get the pneumococcal vaccine.

How the vaccine works

The first dose ‘primes’ the immune system and the second dose provides immune protection. Children who get only one dose of flu vaccine instead of two may have reduced or no protection from that single dose. Two doses are necessary to protect these children. It usually takes about two weeks after the second dose for protection to begin.

It is also recommended that people in contact with certain groups of children, especially parents, grandparents and day-care personnel, get a flu vaccine in order to protect children from the flu.

Don’t allow your children and family to become victims of the flu and its various complications. Get your whole family vaccinated against this virus every year as it is the safest way to ensure that they are protected against influenza!

Important reminders!

Protect your child, family and others by following these steps:

1. Cover your child’s cough or sneeze with a tissue or cloth and wash his hands frequently to keep germs from spreading.

2. Encourage care providers and children to use soap and water to wash their hands when they are visibly soiled, or an alcohol-based hand cleaner when soap and water are not available. Care providers should wash the hands of infants and toddlers when their hands become soiled.

3. Encourage care providers to wash their hands between contact with infants and children, such as before meals or feedings, after wiping the child’s mouth, after touching objects such as surfaces or tissues soiled with saliva or nose drainage, after diaper changes, and after assisting a child with toileting.

4. Clean frequently touched surfaces, toys, and commonly shared items daily and when visibly soiled.

5. Keep yourself and your baby away from people who are sick, as much as you can.

6. Make sure your children maintain a healthy lifestyle such as eating a balanced diet, drinking enough fluids, exercising regularly and having adequate rest.

Virus Tersebar
Kenali virus ini dan cara mencegahnya.

Oleh Datuk Dr Zulkifli Ismail, Pakar Perunding Pediatri & Kardiologi Pediatri

Anda mungkin pernah mendengar tentang penyakit pematam ini, iaitu influenza. Jika belum, maka anda harus tahu bahawa influenza adalah sejenis ‘selesema’ yang disebabkan oleh jangkitan virus yang menyebabkan keganasan pada perpaduan salib atau seseorang yang dijangkiti batuk, bercakap atau bersin.

Tempoh – Selesaia 5 hari, demam dan geja-geja yang bawaan akan berlaku dan mungkin berlangsung hingga 7 hari. Ada juga disfens perut, buang air kecil dan keperangan. Jika keadaan menjadi lebih buruk, anda perlu membawa kanan kepada ahli kesehatan.

Selesaia 5 hari, demam dan geja-geja yang bawaan akan berlaku dan mungkin berlangsung hingga 7 hari. Ada juga disfens perut, buang air kecil dan keperangan. Jika keadaan menjadi lebih buruk, anda perlu membawa kanan kepada ahli kesehatan.

Fakta-fakta ringkas

Jenis – Virus influenza terbahagi kepada tiga jenis: A, B, dan C. Influenza A adalah yang paling sering muncul di Malaysia.

Potensi – Selang 5 hari, demam dan geja-geja yang bawaan akan berlaku dan mungkin berlangsung hingga 7 hari. Ada juga disfens perut, buang air kecil dan keperangan. Jika keadaan menjadi lebih buruk, anda perlu membawa kanan kepada ahli kesehatan.

Influenza ini sering diketuk oleh lirikan bintik-bintik, tetapi gejala gejala influenza adalah lebih terak dipandang bersih bintik dan hidung terlarut. Gejala-gejala tajam disebabkan oleh bermulanya demam secara tiba-tiba, senam sejak, sakit kepala, hidung berair, sakit otot, batuk, sakit tekak, kekesihan dan loya atau muntah dan cincin-birit.


Wabak ini boleh menyebabkan penyakit umum, tetapi risiko komplikasi terlenting berlaku di kalangan kanak-kanak yang berumur kurang daripada dua tahun.
18

Bagaimana vaksin berfungsi


Jangan membiarkan anak-anak dan ahli keluarga anda menjadi mangsa influenza dan pelbagai komplikasinya. Dapatkan vaksinasi untuk seti keluarga anda terhadap virus ini setiap tahun kerana ia adalah cara yang paling selamat untuk memastikan mereka dilindungi daripada influenza!

Ingatan penting!

Lindungi anak dan ahli keluarga anda serta yang lain dengan menghidati langkah-langkah berikut:

1. Tutupkan mulut dan hidung anda apabila dia batuk atau bersin. Dengan batuk atau bersin dengan tisu atau kain, atau selangkah dalam ruang yang berdekatan.
2. Galakkan penjaga dan kanak-kanak menggunakan sabun dan air untuk membasuh tangan apabila tangan mereka jelas kelihatan kotor, atau dengan pemberihan tangan beralcohol apabila tangan sakti atau pahit. Air, para penjaga harus mengeluarkan tangan bayi dan kanak-kanak apabila tangan mereka kelihatan kotor.
4. Bersihkan permukaan yang kerap disentuh, alat makan, dan barang yang dikongsi bersama setiap hari dan apabila jelas kelihatan kotor.
5. Jauhkan diri anda dan bayi anda daripada mereka yang sakit, sebaik mungkin.
6. Pastikan anak-anak anda mengelakkan gaya hidup yang sama seperti makan secara seimbang, minum air dengan secukupnya, bersenam secara tetap dan rehat yang mencukupi.

Mengelakkan vaksinasi influenza adalah satu cara yang paling efektif untuk melindungi kanak-kanak dan orang lain daripada influenza.


Mencegah penyebaran

Antara cara-cara di mana mereka mungkin dijangkiti selepas demam bermula adalah:

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**Trouble Hearing?**

Learn how Otitis Media can affect your child’s hearing, speech, and language development.

By Dato’ Dr Masa Mohd Nordin, Consultant Paediatrician & Neonatologist

In Malaysia, there are approximately half a million cases of Otitis Media annually in children below two years old. Otitis Media is an infection of the middle ear, which happens when the Eustachian tubes are blocked with fluid, and subsequently become infected by bacteria or virus. When that happens, the fluid acts like a sponge, thus preventing your child’s ear from conducting sound properly. This interferes with normal hearing, and can cause your child to have less sensitive hearing, and in the long term may even cause permanent damage.

Otitis Media can be divided into three main types which are interrelated:

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Otitis Media (AOM)</td>
<td>In most cases, this happens because of bacterial infections. Viruses account for a smaller number of cases.</td>
<td>Infants/toddlers: Pulling/scratching of the ears, particularly if other symptoms like trouble sleeping, hearing problems, crying, irritability, fever, and discharge from ear. Young children/adolescents/adults: Earaches, feeling of pressure, hearing problems, dizziness, loss of balance, nausea, vomiting, ear drainage, and/or fever.</td>
</tr>
</tbody>
</table>
| Otitis Media with Effusion (OME) | Can happen either during recovery from an ear infection or when one is about to occur, the accumulated fluids behind the eardrum are not necessarily infected. | Children below two are particularly susceptible to Otitis Media. While ear infections can happen to adults, it is more common in infants and young children. A child’s Eustachian tubes are narrower and shorter compared to an adult’s, so it’s easier for fluid to be trapped in the middle ear. When this happens, it can cause hearing loss. The average hearing loss results in your child being unable to hear soft sounds; he/she won’t be able to hear you if you whisper to them. If the fluids in the middle ears are thicker, more hearing loss can be expected; your child may not be able to hear you when you talk to them at a normal volume. If your child is experiencing hearing loss, then he/she may be unable to understand certain words or phrases, or he/she may talk louder than normal. Some children may be lucky enough to suffer no hearing loss, but most are not so fortunate. Normally, children who suffer from hearing loss due to Otitis Media can still hear muffled sounds, and they would have a tendency to misunderstand speech. There are cases of complete hearing loss, but these are less common. Although the hearing loss may be temporary, the consequences can be very significant. Your child is at the stage where he/she is rapidly learning new skills, and even a mild temporary hearing loss can cause significant delays in the progress of his/her speech and language development. He/She may permanently lose the ability to consistently understand what is being said in noisy environments like classrooms. In turn, this could lead to a delay in learning important speech and language skills.
| Chronic Suppurative Otitis Media | Any fluids that linger in the middle ear for six weeks or more is considered to be a more chronic form of Otitis Media. | Any fluids that linger in the middle ear for six weeks or more is considered to be a more chronic form of Otitis Media. |

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After all, most children learn by mimicking others, and listening plays an essential role during their formative years when they are learning to talk. Even children who are schooling will find listening to be invaluable, and if they are not able to hear properly in classes, this could hinder their academic progress.

Prevention is still the best cure; here are some other actions you can take to prevent infections:

- **Breastfeed your child** – breast milk has antibodies that will protect your child from many types of diseases. Try to continue until your child is two years old to build up his/her immunity.
- **Avoid cigarette smoke exposure** – 2nd and even 3rd hand smoke is very harmful. It can cause your child to become more prone to infections as his/her immune system would be taxed by the exposure to the toxins in cigarette smoke.
- **Good hygiene –** practise good hygiene in order to minimise and prevent the transmission of bacteria which can cause infections.
- **Early detection, early treatment** – whenever your child has a common cold or flu, get him/her to a doctor as fast as possible.

One of the most effective ways to protect your child from Otitis Media is via immunisation. Inoculating your child with vaccines helps to greatly reduce the risk of ear infections. There are two main types of vaccines which address the majority of the infections that lead to Otitis Media:

1. **Haemophilus influenzae type b (Hib) vaccine** – available since 2002 in Malaysia’s National Immunisation Program. This vaccine will safeguard your child from pneumococcal infections like Otitis Media, meningitis, bacteraemia, and sinusitis. It is a highly recommended vaccine that is presently only available in private hospitals and clinics.

However you decide to act, you must remain vigilant in monitoring your child as they grow; and if you suspect anything amiss, you should have your child’s hearing assessed.

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**Masalah Mendengar?**

Belajar bagaimana Otitis Media boleh mejejaskan perkembangan pendengaran, pertuturan, dan bahasa anak anda.

Oleh Dato’ Dr Masa Mohd Nordin, Pakar Perundang & Neonatologi


Otitis Media boleh dibahagikan kepada tiga jenis utama yang saling berkaitan:

**Jenis** | **Penerangan** | **Gejala**
---|---|---
Otitis Media Aku (AOM) | Kebanyakan kes berlaku kerana jangkitan bakteria. Hanya beberapa kes adalah disebabkan oleh virus. | Jika Cecair ini terlalu pekat, ia boleh menghalang transmisinya bunyi yang betul dalam telinga anak anda. Ini mengakibatkan pendengaran biasa dan boleh menyebabkan pendengaran anak anda menjadi kurang sensitif, malah ia boleh menyebabkan kerosakkan pendengaran yang kekal dalam jangka masa panjang.

Pneumococcal conjugate vaccine (PCV) | Kebanyakan kes disebabkan oleh bakteria. | Jika Cecair ini terlalu pekat, ia boleh menghalang transmisinya bunyi yang betul dalam telinga anak anda. Ini mengakibatkan pendengaran biasa dan boleh menyebabkan pendengaran anak anda menjadi kurang sensitif, malah ia boleh menyebabkan kerosakkan pendengaran yang kekal dalam jangka masa panjang.

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*OME normally follows after AOM, and prolonged OME may actually contribute to another bout of AOM. If left unattended, this situation can spiral out of control and possibly lead to permanent damage to hearing, especially if the ear’s functions are interfered with for long periods of time.*

Secara lazim, kehilangan pendengaran mengakibatkan anak anda tidak dapat mendengar bunyi yang lembut; mereka tidak dapat mendengar jika anda berbisik kepada mereka. Jika cecair dalam telinga tengah lebih pekat, kehilangan pendengaran yang lebih luruh akan berlaku. Anak anda mungkin tidak dapat mendengar apabila anda bercakap dengan mereka pada keadaan sukar berbanding biasa.

Sesetengah kanak-kanak mungkin lebih bersaiz biasa dan tidak mengalami kehilangan pendengaran. Lazimnya, kanak-kanak yang mengalami kehilangan pendengaran yang disebabkan oleh Otitis Media masih boleh mendengar bunyi suay, tetapi mereka lebih mudah untuk menyalahfahami pertuturan. Ada juga kes-kes kehilangan penuh pendengaran, tetapi ini tidak kerap berlaku.

Walaupun kehilangan pendengaran itu mungkin bersifat sementara, akibatnya sangat penting. Anak anda berada pada peringkat di mana mereka cepat belajar kemahiran yang baru, dan masalah kehilangan pendengaran yang ringan dan sementara pun boleh menyebabkan penurunan yang ketara dalam perkembangan pertuturan dan bahasa. Mereka mungkin kehilangan keupayaan untuk memahami apa yang diperkatakan dalam persekitaran yang biasanya dalam lirikan mereka secara kekal. Ini pula akan melambatkan pembelajaran kemahiran dan bahasa yang penting.

Kebanyakan kanak-kanak belajar dengan meniru orang lain, dan pendengaran memainkan peranan yang penting semasa tempoh pembentukan apabila mereka belajar untuk bercakap. Malah, kanak-kanak yang bersekolah akan mendapati bahawa menunaikan tugasnya dengan baik dalam pelajaran yang bercakap adalah sangat penting. Dengan cara apapun, anda mesti tetap berjaga-jaga dalam memantau anak anda yang sedang membesar, dan jika anda mengesyaki sesuatu yang tidak normal, anda harus mendapatkan pendapat doktor.

Salah satu cara yang paling berkesan untuk melindungi anak anda daripada Otitis Media ialah melalui imunisasi. Terdapat dua jenis vaksin utama yang digunakan untuk sebahagian besar jangkitan yang boleh menyebabkan Otitis Media:

1. Vaksin Haemophilus influenzae jenis b (Hib) – tersedia di bawah Program Imunisasi Kebangsaan Malaysia.

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Pencegahan adalah cara yang terbaik. Berikut adalah langkah-langkah yang boleh anda ambil untuk mengurangi jangkitan:

- Menyusu anak anda – susu ibu mengandungi antibodi yang boleh melindungi anak anda daripada pelbagai jenis penyakit. Coba teruskan memberi susu ibu sehingga anak anda berumur dua tahun untuk membina imuniti mereka.
- Elakkan pendedahan kepada asap rokok – asap rokok pasif adalah sangat berbahaya. Ia boleh menyebabkan anak anda menjadi lebih terdedah kepada jangkitan kerana sistem imun mereka akan dibebankan oleh pendedahan kepada toksin dalam asap rokok.
- Kebersihan yang baik
- Pengesanan dan rawatan awal
- Kebersihan yang baik
- Pengesanan dan rawatan awal
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An educational contribution by

Pneumococcal Disease – the leading killer in children worldwide, this infectious bacterial infection can cause:*
Asthma and Allergies
Coping with allergies for asthmatic children.

By Dr. Norzila Mohamed Zainudin, Consultant Paediatrician and Paediatric Respiratory Physician

Asthma is a chronic disease that affects the airways and makes breathing difficult. Symptoms normally associated with asthma include coughing, wheezing, shortness of breath, and tightness in the chest. Despite the availability of medicine or treatments for asthma, it remains a serious and sometimes dangerous disease.

Although the prevalence of asthma varies from country to country, yet the disparity shown between low and middle income countries is narrowing. There are an estimated 300 million people worldwide who suffer from asthma, with a quarter million deaths occurring annually as a result of asthma. The World Health Organisation (WHO) estimates the number of people with asthma to increase to more than 100 million in 2025. Out of this number, an estimated 70% also suffer from allergies.

The symptoms of allergic asthma are about the same as asthma, your child may suffer from:

- Sudden bouts of coughing,
- Difficulty in breathing which leads to wheezing, shortness of breath, or rapid breathing,
- A feeling of tightness in the chest.

What can I do?
There are several things that you can do to alleviate your child's allergies. Begin by teaching him/her good dietary habits. Eating healthy foods in the right amounts ensures long term benefits. You should also encourage your child to be more physically active. Many asthmatics have higher oxidative stress than healthier people, thus they will benefit more if they consume foods that are rich in antioxidants like fruits and vegetables.

It is also crucial that you limit your child's exposure to allergens, especially in the home. It's important to pay attention to this, especially during hazy weather. If you are at home, keep the windows closed, or if you have an air conditioner, you can use it to filter the air. You should also wash your child's bed sheets more frequently to minimise dust mites. Other things you need to keep an eye out for include the type of soft toys (use washable stuffed toys), carpets, wallpapers, heavy curtains, and even piles of clothes. Dust mites and mould can be a problem if you do not maintain a clean environment.

Other than keeping your home environment under control, you may also need to get an expert opinion or diagnosis from a qualified paediatrician or a paediatric respiratory physician. He or she can better determine if your child requires medication, and can advise you with more clarity.

Although they appear different on the surface, allergies and asthma often go hand in hand. Many children with asthma include coughing, wheezing, shortness of breath, and tightness in the chest. Despite the availability of medicine or treatments for asthma, it remains a serious and sometimes dangerous disease.

There are many risk factors that may lead to your child developing asthma. These include (but are not limited to) the presence of allergies, a family history of asthma or allergies, frequent respiratory infections, low birth weight, and exposure to tobacco smoke either before or after birth.

How are allergies linked to asthma?
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Asma dan Alahan
Membantu kanak-kanak penghidap asma mengawal alahan.

Oleh Dr. Norzila Mohamed Zainudin, Pakar Penunduk Pediatrik dan Respiratori Pediatrik

Asma atau lemah pada asasnya ialah sejenis penyakit kronik yang menjejaskan saluran pemasakan dan menyebabkan kesukaran bernafas. Gejala yang lazimnya diikuti dengan asma semasa batuk, bersin, sesak naas dan sesak dada. Walaupun ubat dan rawatan untuk asma boleh didapati, ia disokong asma.”

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Child Health & Paediatrics

Keihatan Anak & Pediatrik
dan pendedahan kepada asap tembakau sama ada sebelum atau selepas lahir.

Walaupun dua masalah perubatan ini ramiamp berbeza, namun alahan dan asma sering dianalisis bersama. Ramai kanak-kanak yang mengalami alahan akan menghidap asma beberapa bulan atau tahun kemudian. Tentapkan banyak jenis alahan yang mungkin dialani anak anda, dan biasanya ia berpunca daripada bahan tertentu (dinamakan alergen) yang boleh menostos tindakbalas alahan dalam dalam badan anak anda.

Kehadiran alergen yang mempengaruhi memfasan dan saluran pernafasan anak anda boleh menyebabkan asma. Alergen ini boleh dijumpai dalam berbagai bahan, seperti debu, hama habuk, dan air lir; dan biasanya ia boleh dijumpai di berbagai tempat.

Bagaimana tindak balas alahan boleh menyebabkan gejala asma?

Tindak balas alahan biasanya berlaku apabila sistem imun anak anda menjadi terlebih aktif dan tersalah anggap bahawa bahan tidak berbahaya seperti debu pokok merupakan penakluk berbahaya. Ini hipersensitif sistem imun inih yang menjadi punca si manja anda mengalami alahan. Jika dia sentiasa terdedah kepada alergen, kemungkinan besar alahan tersebut boleh menyebabkan asma.

Anda juga perlu sedar bahawa bukan alergen sahaja yang boleh menyebabkan tindakbalas alahan. Perengsa lain juga boleh mencetuskan gejala asma seperti bahan kimia rumah, minyak wangi, atau produk haruman lain.

Gejala asma alahan


Gejala asma alahan adalah lebih kurang sama seperti asma; anak anda mungkin mengalami:
• Batuk secara tiba-tiba
• Kesulitan berdehit atau kesulitan bernafas
• Rasa sesak dada

Apa yang boleh saya lakukan?

Ada beberapa perkar yang harus anda lakukan untuk melangkah alahan anak anda. Lanjutkan pemulaia lama dengan mengajar tabiat pemakanan yang sihat. Pengambilan makanan yang sihat dalam jumlah yang betul memberikan manfaat jangka panjang. Anda juga perlu menggalakkan anak anda agar meningkatkan kecerdasan fizikal. Keberanian penghidap asma mempunyai kekuatan oksidatif yang lebih tinggi daripada golongan yang lebih sihat, justeru mereka akan mendapat lebih manfaat jika mengambil makanan yang kaya dengan antioksidan seperti buah-buahan dan sayur-sayuran.

Anda juga perlu menghadkan pendedahan anak anda kepada alergen, terutamanya dalam rumah. Perkara ini perlu diberi perhatian, terutamanya dalam keadaan berjeruh. Jika anda berada di rumah, pastikan tingkap ditutup, atau jika anda mempunyai penyaman udara, anda boleh menggunakan untuk menapis udara. Anda juga perlu membatasi kadar asam anda dengan lebih kerap untuk memasuki hama habuk. Perkara lain yang perlu diberi perhatian adalah dalam rumah; jua alergen yang boleh dibasuh yang digunakan, pemandai, kertas hias dinding, langit-langit serta tirbuan baju. Hama habuk dan kulapuk boleh menimbulkan masalah jika anda tidak menjaga kebersihan.

Selain daripada mengawal persekitaran di rumah, anda juga mungkin perlu mendapatkan pendekatan atau diagnosis daripada pakar pediatrik dan doktor pemfasan pediatrik yang bertauliah. Mereka lebih arif untuk menentukan sama ada anak anda memerlukan ubat, dan boleh memberikan nasihat yang lebih jelas.

An educational contribution by

Malaysian Paediatric Association

Asthma or COPD patients can now breathe better*. Speak to your doctor on how you can manage your condition better.
Detecting Hearing Loss

Do you suspect that your child may have difficulties hearing? Detecting your child’s hearing difficulties early enough means they can receive effective treatment immediately.

By Dr Vijay Soni, Ear, Nose, and Throat Specialist

In the first few years of life, your child’s ability to hear is a crucial aspect of his or her social, emotional, and cognitive development. Even mild partial hearing loss can affect your child’s ability to speak and understand language, so it is vital that you pay attention to your child’s ability to hear.

A simple hearing test can determine whether or not your child is born with hearing loss. Even if your child is normal, you must monitor his or her hearing as hearing loss can happen later in life due to infections, trauma, and damaging noise levels.

In order to be certain, you should have your child undergo a Neonatal Hearing Screening Test, which gives immediate information about the baby’s hearing status. The most commonly applied test is using OtoAcoustic Emission (OAE).

There are three possible causes of hearing loss, namely congenital (birth defects of the pinna – ear lobes, ear canal, ossicular chain, cochlea, or internal auditory nerves), physical trauma or injury (slapping a child can cause his or her eardrums to be damaged), or as a result of infections (otitis externa effusion).

Types of hearing loss:

- **Conductive Hearing Loss (CHL)** – sound transmissions are impeded in the external and/or middle ear.
- **Sensorineural Hearing Loss** – problems with inner ear or auditory nerves.
- **Mixed Hearing Loss** – conductive and sensorineural hearing loss occurring at the same time.
- **Auditory Neuropathy Spectrum Disorder** – the brain is unable to decipher sounds because of damage to the inner ear or auditory nerves.

Because your child’s hearing is so important, you must remain alert to any signs or symptoms of possible hearing loss, such as:

- They are not surprised or startled by loud noises.
- They do not turn to look at the source of sounds from 6 months onward.
- By the time they are one, they still haven’t managed to say simple words like “papa” or “mama.”
- They only turn to look at you when they see you, but not when you are out of sight and call to them. *
- They may seem to hear some sounds but not others.

* Note: This may also be due to inattention or just ignoring you on their part, but don’t discount the possibility that it could be symptomatic of a partial or complete loss in hearing.

You should take the extra effort to observe and analyse your child’s reactions to their surroundings, especially how they react to sounds or to you when you talk to them.

Consult with your child’s paediatrician the moment you suspect that your child could be suffering from hearing loss, and find out about available treatment options.

Look out for our next issue for more information about hearing problems.

Mengesan Masalah Pendengaran

Adakah anda mengesyaki bahawa anak anda mungkin mengalami masalah pendengaran? Mengenalpasti masalah pendengaran anak anda dengan lebih awal bermakna mereka boleh mendapatkan rawatan dengan segera.

Oleh Dr Vijay Soni, Pakar Telinga, Hidung dan Tekak

Dalam beberapa tahun pertama, keupayaan anak anda untuk mendengar merupakan aspek yang penting dalam perkembangan sosial, emosi dan kognitifnya. Malah, kehilangan ringan/separa dalam pendengaran akan mempengaruhi kebolehan anda untuk bertutur dan memahami bahasa. Sehubungan dengan itu, adalah penting untuk anda memberikan perhatian terhadap kebolehan anak anda untuk mendengar.

Ujian pendengaran yang mutlak boleh menentukan sama ada anak anda dilahirkan dengan masalah hilang pendengaran. Walauapun anak anda normal, anda perlu memastikan pendengaran mereka kerana kehilangan pendengaran boleh berlaku di kemudian hari disebabkan oleh gangguan, trauma dan tabah bunyi bising yang merosakkan.

Untuk kepastian, anda perlu membawa anak anda melalui Ujian Saringan Pendengaran Neonatal yang memberikan maklumat segera berkenaan status pendengaran bayi. Ujian yang sering digunakan ialah Pancaran Otoakoustik (OAE).

Terdapat tiga kemungkinan yang menyebabkan kehilangan daripada pendengaran, iaitu kongenital (kecacatan pinna – kuping, eustachian, saluran pendengaran, rantai ossiklar, koklea atau saraf auditis diilham di selepas lahir), trauma fisikal atau kecederaan (menamakan kanak-kanak boleh menyebabkan gegendang telinganya rosak) atau disebabkan oleh gangguan (kelebihan otitis media – peradangan atau gangguan pada bahagian telinga tengah).

*Note: This may also be due to inattention or just ignoring you on their part, but don’t discount the possibility that it could be symptomatic of a partial or complete loss in hearing.

You should take the extra effort to observe and analyse your child’s reactions to their surroundings, especially how they react to sounds or to you when you talk to them.

Consult with your child’s paediatrician the moment you suspect that your child could be suffering from hearing loss, and find out about available treatment options.

Look out for our next issue for more information about hearing problems.
Jenis-jenis hilang pendengaran

- Hilang pendengaran jenis konduktif: Penyaluran bunyi terhalang di bahagian luar atau/ dan tengah struktur telinga.
- Hilang pendengaran sensori neural: Masalah di telinga dalam atau saraf pendengaran.
- Hilang pendengaran jenis campuran: Kombinasi kehilangan pendengaran konduktif dan sensori neural yang berlaku serentak.
- Gangguan pendengaran spektrum neuropati: Otak tidak dapat mentafsir bunyi yang disebabkan oleh kerosakan telinga dalam atau saraf pendengaran.

Umumnya, terdapat empat jenis kehilangan pendengaran:

- Hilang pendengaran jenis konduktif - Penyaluran bunyi terhalang di bahagian luar atau/ dan tengah struktur telinga.
- Hilang pendengaran sensori neural - masalah di telinga dalam atau saraf pendengaran.
- Hilang pendengaran jenis campuran - Kombinasi kehilangan pendengaran konduktif dan sensori neural yang berlaku serentak.
- Gangguan pendengaran spektrum neuropati - Otak tidak dapat mentafsir bunyi yang disebabkan oleh kerosakan telinga dalam atau saraf pendengaran.

Disebabkan pendengaran anak anda adalah sangat penting, anda perlu sentiasa peka terhadap sebarang tanda-tanda atau simptom kehilangan pendengaran, seperti:

Di kalangan bayi:
- Bayi tidak terkejut dengan bunyi yang kuat.
- Tidak menoleh ke arah punca bunyi selepas 6 bulan.
- Ketika berumur satu tahun, mereka masih tidak mampu untuk bertutur walaupun perkataan mudah seperti "papa" atau "mama".
- Mereka sentiasa gagal untuk menurut arahan anda.
- Mereka seperti hanya mendengar bunyi tertentu sahaja tetapi bukan bunyi yang lain.

Di kalangan anak kanak-kanak:
- Mereka mengalami kelewatan untuk mula bertutur.
- Pertuturan mereka tidak disabtu dengan betul dan tidak jelas dinyatakan.
- Mereka sentiasa gagal untuk menunutan arahan anda.
- Anda sentiasa terpaksa mengulangi kata-kata anda agar anak anda memahaminya.
- Mereka menonjol TV atau mendengar muzik dengan bunyi yang kuat.
- Mereka sering bercakap dengan sangat kuat walaupun persekitaran mereka sunyi.

* Pemahaman: Ini juga mungkin disebabkan tidak memberi perhatian atau sengaja tidak menghiraukan anda, tetapi jangan abaikan kemungkinan bahwa ia adalah simptom hilang pendengaran separa atau penuh.

Anda seharusnya lebih peka ketika memerhatikan dan menganalisis reaksi anak anda terhadap persekitaran mereka. Lebih-lebih lagi, mereka bertindak-balas terhadap bunyi atau terhadap anda ketika anda bercakap dengan mereka.

Silia rujuk pakar pediatrik anda sekiranya anda menceyai bahawa anak anda mungkin mengalami kehilangan hilang pendengaran, dan cari maklumat tentang jenis rawatan yang boleh didapatkan.

Lebih lagi maklumat lanjut akan diberikan oleh pakar pediatrik anda.

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Malaysian Paediatric Association

Pneumococcal Disease is the leading cause of vaccine-preventable death in children below five years globally.1

13 types of Streptococcus pneumoniae cause 80% - 90% of invasive diseases in young children worldwide.2

Ask your doctor today about the 13 types of streptococcus pneumoniae.

Vaccinate your child now for broader protection.

Reference:
Although inflammatory bowel disease (IBD) is more common in the West, it has been on the rise in Asia over the past four decades. Most cases usually occur in those aged 15 to 30 years. In childhood, the peak in incidence is between 11 and 13 years but it can also occur in younger children.

In general, this long-term disease causes the intestines to become inflamed and damages the intestinal lining. Ulcers may form, which result in bleeding. The various types of IBD are Crohn’s disease (CD), ulcerative colitis (UC), and allergic colitis (AC). Sometimes, the term indeterminate colitis (IC) is used to refer to cases which are impossible to accurately categorise. In a world-wide context, however, it is important to note that infection, and not IBD, is the most common cause of gastrointestinal inflammation.

In general, CD can affect any part of the gastrointestinal tract from the mouth to the anus, whereas UC affects only the colon and rectum. UC is more common than CD in Asian countries, but the incidence of CD appears to be rising too.

Causes of IBD
The underlying cause of IBD is still unknown despite a large amount of research but experts believe that IBD is caused by a combination of factors:

- **Genetics**: Research suggests that for people with IBD, there is a gene that mutates, causing the body to react abnormally to microbes like bacteria, viruses, or protein in food.
- **Immune system**: Many immunological abnormalities have been described in patients with IBD but none have yet to be convincingly shown to be the main causative factor.
- **Environment**: Cigarette smoke or the spread of bacteria or viruses can trigger an ongoing immune system response or aggravate the disease.
- **Diet**: An unhealthy diet can worsen symptoms.

People with IBD do not necessarily experience symptoms all the time. A child may go through periods of flare ups and periods of no symptoms. Nonetheless, proper treatment must be given especially since IBD might delay puberty or stunt a child’s growth due to nutrient loss.

If you think your child might have IBD, please consult a doctor. The doctor might perform several tests to determine the diagnosis, including blood tests, colonoscopy (inserting a flexible telescope from the the anus), gastroscopy (using a flexible telescope through the mouth), barium X-ray, and tissue biopsy.

Although IBD has its adverse effects, but it’s manageable.

By Professor Dr Christopher Boey Chiong Meng, Professor of Paediatrics and Consultant Paediatric Gastroenterologist

Penyakit Radang Usus di Kalangan Kanak-Kanak


Pada amnya, penyakit jangka panjang ini menyebabkan keradangan usus yang merosakkan lapisan usus. Ulser mungkin terbentuk, yang selanjutnya menghasilkan pendarahan. Pada beberapa jenis IBD termasuklah penyakit Crohn (CD), Kolitis Ulseratif (UC) dan Kolitis atau alergi (AC), Kadangkala, istilah colitis pertengahan (IC) digunakan menunjuk kepada kes yang mustahil untuk dikategorikan. Namun begitu, dalam konteks global, ia penting untuk dititikberatkan bahawa jangkitan adalah penua utama berlaku radang usus dan bukan IBD.

Lazimnya, penyakit CD boleh berlaku di mana sahaja sepanjang sakuran gastrosus dikuatkuat lemah, biasanya di mana UC hanya menjajaskan kolon dan rektum. UC lebih lazim dari CD di negara-negara asia, tetapi penyakit CD nampaknya semenjak meningkat.
Punca IBD

Punca berlakunya IBD masih belum dikenal pasti meskipun terdapat sejumlah besar penyelidikan, tetapi pakar percaya bahawa IBD disebabkan oleh kombinasi faktor berikut:

- **Genetik:** Kajian menunjukkan bahawa terdapat mutasi gen yang menyebabkan badan penghidap IBD bertindak balas secara abnormal kepada mikroba seperti bakteria, virus atau protein dalam makanan.

- **System Imun:** Banyak imunologi yang abnormal telah dinyatakan atau dikenalpasti dalam pesakit yang menghidap IBD tetapi tiada satu pun yang dapat meyakinkan bahawa ia merupakan faktor penyebab yang utama.

- **Alam sekitar:** Asap rokok atau penyebaran bakteria atau virus boleh menyebabkan tindak balas sistem imun atau menyebabkan penyakit lebih tenik.

- **Diet:** Diet yang kurang sihat boleh menjadikan gejala bertambah buruk

Adakah anak anda menghidap IBD?

Beri perhatian jika si manja menunjukkan pelbagai kombinasi gejala berikut:

- Cirit-birit (mungkin sekerap 20 kali sehari atau lebih)
- Sakit perut
- Kulit pucat (anemia)
- Pendarahan dubur
- Hilang selera makan
- Kelesuan
- Kekurangan berat badan
- Demam
- Ulser mulut yang berulang kali dan sukar untuk sembuh

Sebahagian besar daripada penghidap IBD tidak mengalami gejala tersebut setiap masa. Ini bermakna seseorang kanak-kanak mungkin menunjukkan gejala tersebut setiap masa atau selama masa yang lebih singkat. Namun begitu, rawatan yang betul mesti diberikan terutamanya apabila IBD mungkin melewatkan baligh atau membantutkan tumbesaran kanak-kanak akibat kehilangan nutrien.

Jika anda rasa anak anda mungkin menghidap IBD, sila bincangkan dengan doktor anda. Doktor mungkin menggunakan beberapa ujian untuk menentukan diagnosis, termasuk ujian darah, kolonoskopi (teleskop fleksibel yang dimasukkan dari dubur), gastroskopi (teleskop fleksibel dari mulut ke perut), X-ray barium dan biopsi tisu.

Bantu anak anda menghindari IBD

Memandangkan gejalanya mungkin akan muncul kembali selepas pulih, perhatikan dan bantu anak anda menghindari kembali penyakit IBD dengan kebiasaan makanan yang sehat. Anak anda boleh mendapatkan rawatan yang betul dan mengamalkan diet yang sesuai bagi memenuhi keperluan mereka.

- Jika anak anda telah diberikan ubat oleh doktornya, pastikan ubat diambil seperti yang diarahkan. Biasanya ubat anti-radang dan pengekang imun akan disyorkan untuk merawat IBD.


- Tanya doktor tentang makanan yang tidak patut diberikan kepada anak anda. Tegah pengambilan makanan ringan kerana ini mungkin memburukkan lagi gejala IBD.

- Galakkan anak anda untuk bersenam dengan kerap kerana ini akan membantu mereka meningkatkan kena dan mengurangkan tekanan.

Dengan rawatan dan kaedah pengurusan yang baik, tiada sebab penghidap kanak-kanak tidak boleh menjalani kehidupan yang normal dan aktif.
Observant kids learn more

Your child learns even beyond the classroom. Amazingly, 80% of learning is linked to vision. The right nutrition is one of the key factors for optimal eye and brain development.

Let him have the nutrition he needs to stay healthy and to learn at his best, be it through observation, study or play.

The NEW 5-26 PROGRESS GOLD and PROMISE GOLD with HEADSTART™ LEARNING SYSTEM, contain not only DHA and AA, but also Lutein and other important nutrients.

HELP GIVE YOUR CHILD A HEADSTART IN LEARNING WITH OUR NEW ADVANCED FORMULA.
Breastfeeding Baby Safely

Parents, especially mothers, should be aware of the safety aspects and precautionary measures that must be practised while breastfeeding.

By Dr Gan Yoke Cheng, Paediatrician and Breastfeeding Advisor

Breastfeeding is one of the most loving, intimate experiences between mother and child. You are recommended to breastfeed your baby exclusively for the first 6 months of life, and beyond if possible. The position and safety aspects during breastfeeding are important, especially since several cases of infant deaths have occurred during breastfeeding.

Nursing lying down

The ‘lying down’ position is particularly good for mothers who have had a caesarean or if their bottom is sore after the birth. Also, breastfeeding on demand is easier as mothers can rest or sleep while breastfeeding. Although co-sleeping and nursing lying down can have the possibility of causing your baby to choke or suffocate; if done right, the problems in the above cases will not occur.

Here are a few steps that can help you to successfully breastfeed your baby while lying down:

1. For comfort, place a pillow behind your back or under your head (whichever position is most comfortable for you) and rest your weight on the pillows so that you don't strain your hips and lower back.
2. Place your baby on his side facing you with your nipple in line with your baby's nose. If you are breastfeeding from the right breast, you should be lying down on your right side.
3. Using your free hand, guide your breast into your baby's mouth. Once your baby has taken in your breast, you can push your baby's shoulders in towards you.
4. Avoid flexing your baby’s neck too far back as this will make it difficult for your baby to swallow.
5. Keep your arm underneath your baby's head or keep your hand on the baby and your arm free, whichever is more comfortable for you.
6. Always allow your baby freedom to move your baby’s so that your baby can un latch if baby has difficulty breathing for any reason.
7. Once your baby has drained the first breast, roll yourself and your baby over to the other side or just

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Case 1

Two-month-old baby choked to death on mother's milk after breastfeeding. Baby had a high pyrexia which caused her hings to fill with liquid. As a result, she had difficulty vomiting the excess milk as she was lying on her parents' bed facing up.

Case 2

A month-old baby was found dead after her mother fell asleep while breastfeeding her in the morning. The mother awoke in the morning and found her daughter dead with foam around the mouth.

Important tips!

1. Always put your baby’s head on the bed and your arm free, whichever is more comfortable for you.
2. Make sure the bed headboard and footboard do not have openings or cut-outs that could trap your baby's head.
3. Make sure the mattress fits snugly in the bed frame so that your baby does not become trapped.
4. Avoid flexing your baby's neck too far back as this will make it difficult for your baby to swallow.
5. Keep your arm underneath your baby's head or keep your hand on the baby and your arm free, whichever is more comfortable for you.
6. Always allow your baby freedom to move your baby’s so that your baby can un latch if baby has difficulty breathing for any reason.
7. Once your baby has drained the first breast, roll yourself and your baby over to the other side or just

Kes 1

Bayi berusia dua bulan tercekat mati semasa menyusu suku ibu. Bayi tersebut mengalami pneumonia pengaspirasi yang menyebabkan peparunya dipenuhi dengan oksigen. Akibatnya, bayi mengalami kesukaran untuk bernafas; jika bayi diangkat dan dibiarkan berkemah, maka masalah tersebut akan menghadap ke atas.

Kes 2

Seorang bayi berusia sepuluh bulan ditemui mati saat melayangkan penyusuan. Ibu tersebut bangun pada waktu pagi dan mendapat anaknya telah mati dengan mulut berbuih.


Poissi berbaring adalah sangat baik untuk ibu-ibu yang menjalani perihal penyusuan yang sama. Mereka boleh menebak kelelahan yang berhampir pinggul dan tulang belakang bawah anda.

1. Pastikan anda menumpukan berat badan anda pada bantal supaya anda tidak mengepak kegelapan pada bahagian pinggul dan tulang belakang bawah anda.
2. Letakan bayi anda pada sebelah yang menghadap anda dengan pusing anda selaras dengan hidungnya. Jika anda menyusu dari payudara kanan, anda harus berbaring di sebelah kiri.
4. Elakkan dari melentur leher bayi anda terlalu jauh ke belakang kerana iri akan menyukanannya untuk menelan.
6. Sentiasa pasikan bayi anda bebas untuk gerakan kepallyanya supaya dia dapat berbudi dan dia bisa mengalami kesuksesan untuk bertanda atas apa-apa sebab.
7. Apabila bayi anda telah habis menghisap payudara pertama geraikan diri anda dan bayi ke sisi yang satu lagi atau hanya bersandar supaya bayi anda boleh melebar payudara yang satu lagi sambil dalam posisi penyusuan yang sama.


Menyusukan Bayi dengan Selamat

Ibu bapa, terutamanya ibu-ibu, harus sedar akan aspek keselamatan dan langkah-langkah berjaya- jaga yang perlu diamalkan ketika menyusu.

Oleh Dr Gan Yoke Cheng, Pakar Pediatri dan Penasihat Penyusuan

Penyusuan susu ibu adalah salah satu pengalaman yang penuh dengan kasih sayang dan mengerahkan kekuatan di antara anda dan bayi. Anda juga disyorkan untuk menyusu bayi anda secara alfa atau balik bayi 6 bulan pertama hidupnya dan seterusnya, jika boleh. Selain itu, posisi dan aspek keselamatan semasa menyusuan adalah penting. Terutamanya, setelah berlaku beberapa kes kematian bayi semasa penyusuan.

Ibu-ibu, mungkin berasa lebih mudah bagi bayi melekap dahi dan kemudian berbaring dengan perlaran- lah.

Tip-tip penting

1. Sentiasa pasikan bayi tidur berbaring untuk mengurangkan risiko Sindrom Kematian Bayi Mendadak.
2. Jangan sekali-kali tidur dengan bayi anda di atas sofa atau di ruang yang sempit.
3. Pastikan papan kepala dan kaki bayi tidak mempunyai lubang atau potongan yang boleh mempengaruhi kepala bayi anda.
4. Pastikan ibu anda duduk dengan bingkai kaki supaya bayi anda tidak terperangkap.
5. Kurangkan perlakuan di tempat tidur dan elakkan bantal dan selimut yang besar dari gubu.
6. Pastikan kepala bayi anda tidak ditutup oleh mana-mana perennial tempat tidur.
7. Adik-beradik yang lebih tua tidak harus berkongsi katil dengan ibu yang menyusun dan bayi kerana ia berbahaya bagi bayi anda.
9. Jika ibu anda mempunyai rambut yang panjang, pastikan ia dililit semasa anda tidur untuk mengelakkan sebarang tali yang tidak sengaja.


Ibu-ibu, mungkin berasa lebih mudah bagi bayi melekap dahi dan kemudian berbaring dengan perlaran- lah.
Provide Balanced Nutrition from Young

Early childhood nutrition can bring great benefits to your children's health now as well as later on in life. Read on to find out more on the importance of a balanced nutrition.

By Professor Datuk Dr Norimah A Karim, Nutritionist

Why is nutrition important?
If a healthy body is the goal which you want to maintain for your child, then understanding nutrition is of the utmost importance. Nutrition can help maintain both your child’s mental and physical health as well as their development. Nutritional guidelines for a balanced diet must contain adequate amounts of carbohydrates, protein, fats, vitamins, and minerals.

Grow strong bones
Nutrition plays a vital role in your child’s bone development throughout life. As your child’s bones grow, do their height! Bone is a living and growing tissue; childhood and early teen years are the best times to build up bones. Give your child a diet which includes sufficient amount of calcium and vitamin D. These nutrients can be found in milk and dairy products such as cheese and yogurt. You should also encourage your child to get some sun during the day. Vitamin D will help the body absorb calcium, which is needed to build strong bones.

For food thought:
During the early years of a child’s life is linked to better performance in school as well as in the later years. Under-nourished children have lower resistance or lower immunity to fight infections thus become sick more often, miss school, and fail to keep up with school work.

As a parent, you can help prevent nutritional deficiencies in your child by providing him with a well-balanced diet. Remember that you don’t need a degree in chemistry or medicine to do this. You can start by simply selecting and cooking the right foods containing the essential nutrients your body needs to grow and develop. Use the Malaysian Food Pyramid or the Malaysian Dietary Guidelines as a guide to help you.

It is also important to remember that physical activity is as essential to your child’s overall physical and psychological development as a balanced diet. Encourage your child to be active every day by helping him around the house, kicking a ball around, playing a game of chase, or having fun on the monkey bars at the park. Children should also do moderate intensities of physical activities such as cycling, swimming, or participate in sports like badminton, basketball, or baseball at least 5-6 times a week.

Limit your child’s physical activity and sedentary habits like watching television or playing video games on the computer. Children who regularly exercise or maintain an activity that is of a longer duration or more vigorous in intensity will gain more health benefits.

So, get your child into the habit of healthy eating and healthy living, kerbonda, dia akan menjadi semakin aktif. Kanak-kanak yang aktif memerlukan istirahat yang cukup untuk memastikan pergunaan selamat. Untuk membina dan memastikan tisu otot, berikan anak anda diet yang mengandungi protein yang mencukupi. Protein boleh didapati dalam tumbuh-tumbuhan seperti daging, ikan, telur, keju, susu, kacang dan kacang hijau.

Membina tulang yang kuat
Pemakanan yang mendapat pelbagai nutrien yang penting dalam pembentukan tulang anak anda sejak awal. Memastikan anak anda memakan daging tanpa lemak seperti daging, ayam, kaldu dan telur untuk membantu tulang anak anda menjadi kuat dan seimbang. Vitamin D yang muncul dalam makanan keluarga yang seimbang. Ia adalah nutrien penting yang diperlukan untuk pembesaran dan pengikisan tulang. Makanan yang mengandungi nutrien penting yang diperlukan untuk pembesaran dan pengikisan tulang anak anda perlu disertakan dalam menu harian anda.

Penanganan seseorang yang alergi
Jika anda mengalami anafilaksis atau alergi pada bahan makanan tertentu, anda perlu memberi tahu doktor atau pembantu anda, kemudian mencari bantuan profesional yang sesuai.

Makanan yang menyihir...
Pemakanan yang baik pada awal hidup kanak-kanak dikaitkan dengan prestasi yang lebih baik di sekolah serta di kemudian hari. Kanak-kanak yang kekurangan nutrien dapat menderita kekurangan keterampilan atau imuniti yang lebih rendah untuk melawan jangkit, dan turun ia lebih kerap jatuh sakit, tidak hadiri


Anda perlu ingat bahwa aktiviti fizikal juga penting dalam melahirkan fikik dan psikologi anak anda yang menentuh. Gunaan fikik membantu anda, berbincang dengan doktor anak anda, pakar pensiun atau doktor anda.

Cara untuk membantu membantu anak anda dengan aktiviti fizikal dan psikologi yang menentuh. Gunaan fikik membantu anda, berbincang dengan doktor anak anda, pakar pensiun atau doktor anda.

Information Note: If you have questions about nutrition for children or specific concerns about your child’s diet, talk to your child’s doctor, nurse, or dietitian.

Malaysian Nutrition Society of Malaysia has also made available leaflets of these guidelines suitable for the public (www.nutriweb.org.my).

Note: Jika anda mempunyai pertanyaan berkenaan makanan kanak-kanak atau kenyamanan yang spesifik untuk diet anak anda, anda boleh menghubungi doktor anak anda, pakar pensiun atau doktor anda.

Oleh Professor Datuk Dr Norimah A Karim, Pakar Pemakanan

Pemakanan pada awal zaman kanak-kanak boleh membawa banyak manfaat untuk kesehatan anak anda sekarang serta kehidupan kemudian hari. Bacalah untuk mengetahui lebih lanjut tentang pemakanan yang seimbang.

Why is nutrition important?
If a healthy body is the goal which you want to maintain for your child, then understanding nutrition is of the utmost importance. Nutrition can help maintain both your child’s mental and physical health as well as their development. Nutritional guidelines for a balanced diet must contain adequate amounts of carbohydrates, protein, fats, vitamins, and minerals.

Grow strong bones
Nutrition plays a vital role in your child’s bone development throughout life. As your child’s bones grow, do their height! Bone is a living and growing tissue; childhood and early teen years are the best times to build up bones. Give your child a diet which includes sufficient amount of calcium and vitamin D. These nutrients can be found in milk and dairy products such as cheese and yogurt. You should also encourage your child to get some sun during the day. Vitamin D will help the body absorb calcium, which is needed to build strong bones.

For food thought:
During the early years of a child’s life is linked to better performance in school as well as in the later years. Under-nourished children have lower resistance or lower immunity to fight infections thus become sick more often, miss school, and fail to keep up with school work.

As a parent, you can help prevent nutritional deficiencies in your child by providing him with a well-balanced diet. Remember that you don’t need a degree in chemistry or medicine to do this. You can start by simply selecting and cooking the right foods containing the essential nutrients your body needs to grow and develop. Use the Malaysian Food Pyramid or the Malaysian Dietary Guidelines as a guide to help you.

It is also important to remember that physical activity is as essential to your child’s overall physical and psychological development as a balanced diet. Encourage your child to be active every day by helping him around the house, kicking a ball around, playing a game of chase, or having fun on the monkey bars at the park. Children should also do moderate intensities of physical activities such as cycling, swimming, or participate in sports like badminton, basketball, or baseball at least 5-6 times a week.

Limit your child’s physical activity and sedentary habits like watching television or playing video games on the computer. Children who regularly exercise or maintain an activity that is of a longer duration or more vigorous in intensity will gain more health benefits.

So, get your child into the habit of healthy eating and healthy living, kerbonda, dia akan menjadi semakin aktif. Kanak-kanak yang aktif memerlukan istirahat yang cukup untuk memastikan pergunaan selamat. Untuk membina dan memastikan tisu otot, berikan anak anda diet yang mengandungi protein yang mencukupi. Protein boleh didapati dalam tumbuh-tumbuhan seperti daging, ikan, telur, keju, susu, kacang dan kacang hijau.

Membina tulang yang kuat
Pemakanan yang mendapat pelbagai nutrien yang penting dalam pembentukan tulang anak anda sejak awal. Memastikan anak anda memakan daging tanpa lemak seperti daging, ayam, kaldu dan telur untuk membantu tulang anak anda menjadi kuat dan seimbang. Vitamin D yang muncul dalam makanan keluarga yang seimbang. Ia adalah nutrien penting yang diperlukan untuk pembesaran dan pengikisan tulang. Makanan yang mengandungi nutrien penting yang diperlukan untuk pembesaran dan pengikisan tulang anak anda perlu disertakan dalam menu harian anda.

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The Role of Protein!

Early childhood nutrition can bring great benefits to your child's health now as well as later on in life. Read on to find out more on the importance of a balanced nutrition.

By Professor Dr Poh Bee Koon, Nutritionist

You may have heard this many times before; protein is an essential nutrient and is beneficial to your child's health. But do you know how it helps in growth and development?

Proteins are a remarkably versatile nutrient. They help your child's muscles to contract, his blood to clot and his hair eyes, and skin, and hair would have no structure. It is no wonder that the name 'protein', which is derived from the Greek word 'Protos', means "of prime importance".

What does it do?

Whenever your child's body is growing, repairing (healing) or replacing tissue, proteins are at work. They play important roles in his/her body to promote health and prevent disease. Apart from forming the building blocks of muscles, blood and skin, proteins are also needed to:
- Replace dead or damaged cells and tissues.
- Regulate body processes (some, but not all, hormones are proteins).
- Maintain the volume and composition of body fluids.
- Transport substances like lipids, vitamins, minerals, and oxygen around the body.
- Defend the body against diseases through antibodies and strengthen the body's immune system.

Too little, too much

When children are deprived of protein, energy or both, the result is protein-energy malnutrition (PEM). The most evident result of protein deficiency is the wasting of muscle tissue and weight loss. A lowering of serum proteins or excessive intake of protein, the Malaysian Dietary Guidelines has recommended that you:

1. Feed your child fish more frequently, daily if possible. To achieve this, get your child to eat a serving of fish daily. Shellfish should be consumed less frequently compared to fish.
2. Increase your child's intake of milk and dairy products. Add milk that is low in sugar to your child's cereal and cereals. Yogurt and cheese are also good sources of dairy products.
3. Feed your child meat, poultry, and eggs moderately. Choose a variety of meat and use different methods to cook these dishes. Get your child to consume eggs in moderate amounts, up to an average of one day (whole or in dishes). Avoid giving egg white to your child who is 1 year or younger.
4. Practice healthier cooking methods for fish, meat, poultry, and eggs. Recommended cooking methods include steaming, stewing, boiling, poaching, grilling, and roasting. Use herbs, spices, and lime or lemon to season and flavour these dishes instead of salt or rich sauces.
5. Choose meat and poultry that are low in fat and cholesterol. Minimise saturated fat by choosing lean cuts of meat and poultry. Remove chicken skin and trim visible meat fats before cooking.
6. Feed your child legumes daily and include nuts and seeds in his weekly diet. Choose a variety of legumes and dried and their products like tempah and tauco to prepare meals. Add legumes (peas, beans, or lentils) to your child's soups and dishes. Add nuts as snacks or in main dishes, such as in stir-fried vegetables.

How much do they need?

According to the Recommended Nutrient Intake (RNI) for Malaysia, the recommended level of protein intake for children aged between 1 to 6 years is 17 to 23 grams per day. Children between the ages of 7 to 12 need approximately 32 to 46 grams of protein a day.

Below are examples of how you can get your children aged between 1 – 6 years to meet their recommended protein intake in their everyday meals.

- For breakfast, serve 1 scrambled egg on toasted bread.
- For lunch, serve ¼ piece of tenggiri fish with rice and mix vegetables.
- For tea or snack time, serve 1 cup of milk with some crackers.
- For dinner, serve ¼ chicken drumstick with braised noodles and mix vegetables.

Low intake of protein may also overwork the kidneys. Excessive protein intake can also result in high blood cholesterol as some protein-rich foods are also high in saturated fat – fatty cuts of beef, lamb, sausages, pork, salami, duck, and organ meats like kidney and liver.

Sources of protein

In view of the importance of proteins for your child as well as the proteins that can occur from deficient or excessive intake of protein, the Malaysian Dietary Guidelines has recommended that you:

- Minimise saturated fat by using cooking methods include steaming, stewing, boiling, poaching, grilling, and roasting. Use herbs, spices, and lime or lemon to season and flavour these dishes instead of salt or rich sauces.
- Choose a variety of meat and use different methods to cook these dishes. Get your child to consume eggs in moderate amounts, up to an average of one day (whole or in dishes). Avoid giving egg white to your child who is 1 year or younger.
- Choose meat and poultry that are low in fat and cholesterol. Minimise saturated fat by choosing lean cuts of meat and poultry. Remove chicken skin and trim visible meat fats before cooking.
- Feed your child legumes daily and include nuts and seeds in his weekly diet. Choose a variety of legumes and dried and their products like tempah and tauco to prepare meals. Add legumes (peas, beans, or lentils) to your child’s soups and dishes. Add nuts as snacks or in main dishes, such as in stir-fried vegetables.

Peranan Protein!

Protein is essential for all children's development. It is important for growth and development and for maintaining good health. A child who is deficient in protein will have slower growth, weaker muscles, and a poor immune system. Protein is also important for the growth and development of children.

There are many ways to include protein in your child's diet. Here are some examples:

- Include protein-rich foods in your child's meals, such as fish, meat, poultry, and eggs.
- Use alternatives to salt or rich sauces, such as herbs, spices, or lime or lemon to season and flavour your child's meals.
- Choose low-fat or fat-free milk products, such as yogurt and cheese.
- Include legumes, nuts, and seeds in your child's meals.

You can mix and match or substitute the above dishes with other protein food sources like tofu, yogurt, cheese, beef, soya milk, chickpeas, or lentils (dal).

Children aged 7 and older can have twice of the above amounts in a day; for example, he or she can have one whole piece of tenggiri fish and one whole chicken drumstick. You can also give your child 1 cup of milk in the morning and another cup during tea time or at night.

Balance is key!

Although proteins are very important in your child's diet, it must be remembered that a balance of essential nutrients (e.g. carbohydrates, fats, vitamins, minerals, and proteins) are vital for everyone, especially growing children. To build strength, your child's muscle cells need physical activity and all the other nutrients. By over-valuing proteins, you might erroneously exclude all the other equally important foods and nutrients.

Too much or too little of anything is bad. Practice balance, moderation, and variety in preparing your child's meals, to ensure your child's proper growth and development and to prevent diseases now and throughout his/her adult years.

Fact:
- Proteins are made up of long chains of amino acids, the building blocks of protein. The human body contains an estimated 100,000 different kinds of protein.

Fakta:
- Protein terdiri daripada rantai panjang asid amino, yang merupakan komponen asas protein. Badan manusia mengandungi kira-kira 100,000 jenis protein yang berbeza.

Ahaz:

Apaakah perananannya?
- Apabila tubuh badan anak ada sedang membesar, memperbaiki (memulih) atau mengatasi tisu, protein sedang menjalankan fungsi yang besar. Protein juga memainkan peranan yang penting dalam tubuh badan anak anda bagi meningkatkan kesihatan dan mencegah penyakit. Selain daripada membantu blok binaan untuk oksigen, darah dan kutil, protein juga diperlukan untuk:
  - Menganjurkan sel-sel dan tisu yang mati atau rosak.
  - Mewujud proses bangun (seselat hormon, tetapi bukan semuanya, adalah protein).
  - Mengekalkan jumlah dan komposisi cecair badan.
  - Mengangkut bahan-bahan seperti lipid, vitamin, mineral dan oksigen ke seluruh badan.
  - Meningkatkan badan terhadap penyakit melalui antibodi dan menganjurkan sistem imun badan.

Terlalu sedikit atau terlalu banyak


Sekiranya anda mungkin terbebani dengan bayaran yang tinggi untuk membantu mamak atau ibu-bapanya, anda boleh mengaksamakannya hari ini.

Oleh Profesor Dr Poh Bee Koon, Pakar Pemakanan

Sekiranya anda mungkin terbebani dengan bayaran yang tinggi untuk membantu mamak atau ibu-bapanya, anda boleh mengaksamakannya hari ini.

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Food For Tots

The toddler years (1-3 years old) are a very important period of life. Not only does your child become more physically active each day, but his mind is also exploring, understanding, and learning about the world around him. This process of growth and development will continue well into his pre-school years (4-6 years old).

To support these processes, your toddler’s meals will need to be varied and balanced, containing the appropriate amounts of essential nutrients, especially protein, carbohydrate, fat, vitamins, and minerals. With that in mind, we’ve put together a list of tried and tested lovely recipes that are easily prepared, healthy and most importantly, delicious!

Makanan Untuk Si Manja

The nutrient content per serving • Kendurian nutrien setiap hidangan

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>300 g (4 medium-sized) potatoes cooked with skin in boiling water for approximately 15 minutes</td>
<td>252 kcal</td>
<td>16.4 g</td>
<td>17.7 g</td>
<td>8.5 g</td>
</tr>
<tr>
<td>4 slices cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 ml (2 tbsp) vegetable oil</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Preheat oven to 450°F/230°C.
2. Peel and cut potatoes lengthwise into wedges.
3. Place potato wedges on baking sheet and drizzle with oil.
4. Toss with your hands until the potatoes are evenly coated.
5. Bake until the potatoes are soft and the cheese is melted.

Cheesy Baked Fries

(Serves 4)

Ingredients

- 300 g (4 medium-sized) potatoes cooked with skin in boiling water for approximately 15 minutes
- 4 slices cheese
- 30 ml (2 tbsp) vegetable oil

Method

1. Preheat oven to 450°F/230°C.
2. Peel and cut potatoes lengthwise into wedges.
3. Place potato wedges on baking sheet and drizzle with oil.
4. Toss with your hands until the potatoes are evenly coated.
5. Bake until the potatoes are soft and the cheese is melted.

Serves 4

Suggestion: Use Russet potatoes as it has a softer texture.
**Stir-fried Cauliflower and Sengkuang**  
*(Serves 4)*

**Ingredients**
- 60 g (1 cup) cauliflower, chopped
- 110 g (1 cup) yam bean (sengkuang), grated
- 180 g (1 cup) shrimps, shelled and deveined
- 60 g (1 cup) carrots, diced
- 30 g (1/2 cup) yellow capsicum, sliced
- 15 ml (1 tbsp) vegetable oil
- 10 g (2 cloves) garlic, chopped
- 30 g (2 shallots, chopped
- 30 ml (2 tbsp) water
- Salt to taste

**Nutrient content per serving**
- **Calories**: 90 kcal
- **Protein**: 9.1 g
- **Carbohydrate**: 4.7 g
- **Fat**: 3.9 g

**Method**
1. Saute shallots and garlic until fragrant.
2. Add prawns and stir fry until cooked.
3. Add cauliflower, carrots, capsicum and yam bean. Stir-fry for one minute.
4. Add water and continue cooking until cauliflower, carrots and yam beans are cooked. Add salt to taste.
5. Serve with white rice.

**Kobis Bunga dan Sengkuang Goreng**  
*(Hidangan untuk 4 orang)*

**Bahan-bahan**
- 250 g (1 cup) kubis bunga, dipotong
- 90 g (1 medium sized) potatoes, cubed
- 90 g (¾ cup) carrots, diced
- 125 g (1 cup) celery, diced
- 60 g (¾ cup) onions, chopped
- 30 ml (2 tbsp) vegetable oil
- 30 ml (2 tbsp) water
- 5 ml (1 tbsp) soy sauce
- 5 ml (1 tbsp) tomato puree
- 20 g (2 shallots) garlic, chopped
- 2 helai daun salam
- Garam dan lada hitam secukup rasa

**Cara memasak**
1. Perap daging dengan campuran tepung, garam dan lada sulah.
2. Tumis bawang sehingga wangi. Campurkan daging dan masak sehingga keperangan.
5. Masukkan garam dan daun lada hidang secukup rasa.
7. Ubah suai kepekatan masakan dengan tepung dan air jika perlu.

**Stew Daging**  
*(Hidangan untuk 4 orang)*

**Bahan-bahan**
- 250 g (1 cup) daging tanpa lemak, dipotong kiub
- 50 g (5 tbsp) flour
- ½ tsp salt
- ¼ tsp pepper
- 90 g (¾ medium sized) potatoes, cubed
- 90 g (¾ cup) carrots, diced
- 125 g (1 cup) celery, diced
- 60 g (¾ cup) onions, chopped
- 30 ml (2 tbsp) tomato puree
- 15 ml (1 tbsp) Worcestershire sauce
- 625 ml (2½ cup) water
- 5 ml (1 tbsp) soy sauce
- 125 g (1 cup) onions, oiled for sautéing
- 2 bay leaves
- Salt and black pepper to taste

**Cara memasak**
1. Marinate beef cubes with flour, salt and pepper.
2. Stir-fry onions in oil until fragrant. Add the meat and cook until slightly brown.
3. Add water, Worcestershire sauce, dark soy sauce, tomato puree, bay leaves into the pan. Mix well. Simmer and cover until meat is tender.
4. Add potatoes, celery, carrots and chopped onions. Continue to simmer for about 30 minutes or until the sauce thickens.
5. Add salt and black pepper to taste.
6. Remove additional oil fat from the sauce.
7. If necessary, adjust the consistency of the sauce with additional flour or water.

Recipe courtesy of "Nutritionists’ Choice Cookbook Vol 1: Healthy Recipes for Your Little Ones" by Nutrition Society of Malaysia. To purchase this recipe book which includes over 60 recipes, please email: president@nutriweb.org.my

Resepi sumbangan dari Buku Masakan Wihay Pakar Pemakanan, Jilid 1: Resepi Sihat Untuk 5 Kecil Anda terbitan Persatuan Pemakanan Malaysia. Untuk mendapatkan buku resep i yang mengandungi lebih daripada 60 resep, sila ameklan kepada, president@nutriweb.org.my
The toddler years are critical for providing your child with a nutritional safety net for good health, growth and development. That means ensuring that your child receives precisely balanced nutrients in the age-appropriate amounts. Studies have documented that nutrition is linked to learning. The timely achievement of the developmental milestones also ensures that your toddler will be on track in achieving the learning milestones.

However, parents face challenges in ensuring that toddlers are getting enough of the right nutrients when they begin weaning them with complementary foods. At this age, toddlers need more energy as they become increasingly mobile, walking and running everywhere to explore their surroundings. They are likely to exhibit some temporary food preferences or resistance to new foods. They may not get enough nutritious foods (e.g. vegetables) and may choose to eat foods with little or no nutritious value (e.g. sugary foods). Toddlers often do not eat the entire meal as planned. As a result, toddlers may not be getting the energy and calories they need to support their active lifestyles. Inconsistent eating patterns may also lead to overeating due to consumption of the wrong kinds of foods or under eating due to not getting enough nutrients they eat. This may in turn have an impact on the developmental and learning milestones.

A balanced diet should fulfill the total energy needs of your child for his/her age and gender. According to the Recommended Nutrient Intakes (RNI) for Malaysia, the total energy intake for toddlers is 980 kcal for boys and 910 kcal for girls. Your toddler’s meals should comprise 10-15% proteins, 20-30% fat and 55-70% carbohydrates.4

In addition to macronutrients, a nutritional safety net should include micronutrients that will give your child a head start in learning, by supporting multidimensional learning. Multidimensional learning occurs through observation, study, play and immunity. Parents should ensure that toddlers’ meals contain the right composition and concentration of macronutrients and micronutrients to achieve the developmental and learning milestones.

A Head Start Learning System

Experts have conducted human and animal studies to isolate the precise nutrients that provide a nutritional safety net for toddlers and support multidimensional learning. Parents can formulate their own head start learning system by ensuring their toddlers’ meals comprise foods that contain these nutrients. For the picky eaters, parents can supplement their diet with fortified foods containing these specific nutrients. Food labels will help parents determine whether the fortified foods contain the age appropriate amounts of these nutrients.

A Flavoursome Toddler’s Menu

Toddlers first learn about the world through observation and imitation. Good vision helps them to register and store ideas in their mind. The nutrients that support cognitive and visual development are docosahexaenoic acid (DHA), arachidonic acid (AA), Lutein, Vitamin A and Taurine.1,2 These nutrients growth will be stunted and learning impaired if toddlers do not get enough of these nutrients during the critical period for ingestion of these nutrients is during the toddler years when the brain is growing at the speed of 350 million nerve cells a day.3

A Perspicacious Toddler’s Menu

The infant brain undergoes a tremendous growth spurt from the last trimester of pregnancy right up to 24-28 months of age.19 Nutrition has an impact on brain development and consequently, intelligence, imagination and memory and support that study. To enhance cognitive, social and emotional growth, imagination and good memory, apart from AA, DHA and Taurine, toddlers’ diet should contain choline, iron, iodine, zinc, and calcium.12 Studies indicate that these nutrients enhance brain cell proliferation and cognitive functions thereby enhancing memory and learning.10-12

A Playful Toddler’s Menu

This is the age when toddlers engage in active play and will use up a lot of energy. They are also constantly learning through active play. The specific nutrients that stimulate growth in accordance with their age group thereby activating learning throughout life are Nucleotides, Vitamins A and D, calcium, zinc, and alpha-lactalbumin.13-22 Studies indicate that all these nutrients play a major role in inducing growth of cells, nerves, muscles, teeth and bones.14,15,22 Without these nutrients growth will be stunted and learning impaired.

Immunity

Toddlers need protection from a healthy immune system in order to remain healthy and fight off infectious diseases. Healthy children are faster and better learners. Indeed good immunity means less interruption to active play and study days. The specific nutrients that boost your toddler’s immunity are vitamins C and E, selenium, zinc, alpha-lactalbumin, oligofructose and the nucleotides.20,21,24-26,15 Each of these nutrients plays a supporting role in enabling the body to protect itself from invading germs in different functional ways.24-26

Parents should not miss out on the window of opportunity from age 1-3 years to provide their toddlers with the foundation they need for multidimensional learning. Developing a head start learning system with all the correct nutrients in the right amounts will be the nutritional safety net that their toddlers need to secure their future learning potential.

What is a Nutritional Safety Net?

A nutritional safety net means ensuring that your child’s foods contain the right amounts of macronutrients (protein, fat, carbohydrates) and micronutrients (vitamins and minerals). Macronutrients promote overall growth and development while micronutrients contribute to hundreds of bodily functions. Deficiencies in any of these will impair growth, development, immunity and learning ability.
Observant kids learn more

There are many ways your child can learn about the world around him. That's why he needs the right balance of nutrients and a strong immune system to realize his fullest potential.

The NEW S-26 Progress Gold and Promise Gold with Headstart™, but also Lutein and other important nutrients. Help him learn through observation, study or play.

Observation

Observation makes up 80% of your child's learning process. He observes his world through his eyes and processes the information in his brain, gaining knowledge along the way.

Lutein, DHA and AA in his retinas may be beneficial in his eye and mind development.

Study

At home or at preschool, your child is also exposed to structured learning. This is where he is first introduced to reading, writing, counting, and the various arts, critically and ask important questions.

DHA, AA, Choline, and Taurine are important nutrients found in the brain.

Play

Play comes to every child naturally. While at play, children are exploring relationships, honing motor capabilities, practicing social skills and language, thinking creatively and gathering information about the world through their senses.

Headstart™ Learning System also provides your child the energy he needs to learn through play.

Immunity

Your child learns best when he is healthy. Protect him from the inside out and give him the freedom to learn with the world.

Good nutrition that includes the 5 Nutrients, Vitamin C, Vitamin E, Selenium, and Zinc helps to provide good overall health.

HELP GIVE YOUR CHILD A HEADSTART IN LEARNING WITH OUR NEW ADVANCED FORMULA

DHA is a source of essential dietary fats and is important for visual health.

For Children 1–3 Years

For Children 4 Years & Above

Wyeth®
Welcoming Baby
A Simple Guide for Parents from pre-conception to 2 years

In commemoration of the Positive Parenting Programme’s 10th anniversary, the Malaysian Paediatric Association together with its expert partners, the Nutrition Society of Malaysia (NSM), Obstetrical and Gynaecological Society of Malaysia (OGSM) and the Malaysian Mental Health Association (MMHA) has published an informative handbook for Malaysian parents-to-be.

This handbook covers topics from pre-conception to a baby’s second year of life. The basic infrastructure for parents-to-be to plan a pregnancy includes how to prepare for a pregnancy, nutrition tips and any problems that they may encounter before and during pregnancy. Once the baby is born, this guide will help guide parents on the recommended post-natal care, how to care for the baby during the critical first and second year of life and some easy healthy recipes for mothers, babies and toddlers.

This dual language guide (ENG / BM) is sold at the price of RM 20.00. To purchase this guide, please contact Ms Izyati / Ms Muhaini at Tel: (03) 5632 3301 / 5637 3526.

Nutritionists’ Choice Cookbook
Volume 1: Healthy Recipes for Your Little Ones

In an effort to guide parents and caretakers in preparing simple yet nutritious meals for young children, Positive Parenting’s Expert Partner, the Nutrition Society of Malaysia (NSM), has published its third recipe book titled Nutritionists’ Choice Cookbook: Healthy Recipes for Your Little Ones last year.

This unique cookbook contains over 60 local recipes for babies, toddlers and pre-schoolers that is specially developed by nutrition experts to suit the needs and tastes of young children. In addition, this cookbook also provides a wealth of nutrition information and practical tips on healthy eating and cooking methods.

The publication of this useful cookbook is to ease the planning and preparation of meals for kids in the kitchen. This dual language cookbook (ENG / BM) is sold at the price of RM 20.00. To purchase this recipe book, please contact Ms Izyati / Ms Muhaini at Tel: (03) 5632 3301 / 5637 3526.
In Sickness and In Health

Living with your partner's chronic illness presents many challenges. Knowing how to meet those challenges is a learning process in itself.

By Dr Yen Teck Hoe, Consultant Psychiatrist

“Sickness” often conjures up visions of a cough and cold, asthma, broken bones, or aches and pains related to old age. But what happens when your spouse is diagnosed with a chronic disease such as cancer, and this illness causes a shift in the dynamics of your relationship?

Chronic illnesses can affect both partners in many different ways and on many different levels. It can drastically affect the couple’s financial life, strain their emotional bond, and alter their intimate relationship.

Upon diagnosis

Both partners will usually go through different stages when learning to cope with a chronic illness.

The spouse who has just been diagnosed with a particular health condition may feel many things—scared, vulnerable, sad, and confused. He or she may even feel disappointed with his or her body or may feel that this situation is unfair, causing him or her to feel angry at themselves and those they love. Many chronically-ill people also suffer from guilt. They may feel guilty for not being able to contribute to the financial, emotional, and intimacy needs of their spouse as they once could.

The healthy partner on the other hand, is likely to feel helpless for not being able to cure the person with the chronic illness and feel depressed over the loss of the normal life once enjoyed with their spouse. The healthy spouse may also become angry at the situation, and feel like this is not what he or she signed up for. In addition to this, caring for a chronically ill partner can be overwhelming. Sometimes the healthy spouse may think of themselves as weak for not being able to handle everything on their own. They may also feel abandoned by the sick spouse, and feel that their needs are no longer being met, and this can lead to resentment and more guilt.

These feelings are just part of the coping process and there is no definite time limit on the coping process. Everybody's process of coming to terms with and accepting a chronic illness is different.

Dealing with your partner’s illness

Chronic illnesses can ultimately test a marriage and the love between partners because most couples are unprepared to cope with a partner’s long-term illness.

The two most important things that you can do to cope with your partner’s illness is to empathise with what they are going through and to practise a greater level of communication.

Talk about your feelings with each other. This will strengthen your bond and also help prevent simple misunderstandings from becoming major issues. In addition, open dialogue can help stop feelings of guilt or shame that each of you may experience. This will strengthen your bond and also help prevent simple misunderstandings from becoming major issues.

Adjusting to living with a chronic illness takes a little time, patience, support—as well as the willingness to learn and participate. Be patient and supportive of each other in the trying times ahead. Let your partner have the necessary independence as and when they need it. Dealing with such an unexpected challenge can bring about an inner resilience that both partners may not have known they had before. Remember, you are not alone in the struggle.

Family Wellness

Family Wellness

Bersamaan Semua Sakit dan Sihat

Hidup bersama pasangan anda yang mempunyai penyakit yang berpanjangan menimbulkan banyak cabaran. Mengetahui bagaimana untuk menghadapi cabaran-cabaran ini adalah satu proses pembelajaran yang unik.

Oleh Dr Yen Teck Hoe, Pakar Perundungan Psikiatri

“Penyakit” sering memberi satu gairahan di mana seseorang itu bahagia dan senang, mengalami asma, tulang patah atau kesakitan yang berlaku, namun dengan penyakit seperti kanker, diabetes, penyakit jantung atau penyakit lain, anda akan merasa diri anda tidak lagi sehat, menderita, atau bahkan merasa diri anda tidak lagi dihormati, dan diri anda boleh menyebabkan rasa kecemasan dan rasa bencana yang lebih dalam lagi.

Penyakit kronik boleh menjadi mengejutkan kerana kehidupan sebelumnya anda mungkin tidak pernah经历过 penyakit kronik ini, maka keadaan dua-dua anda dan pasangan anda akan terasa semua perasaan berada dalam kawalan anda dan ia menjadi menjadi krisis.

Menangani penyakit pasangan anda

Menangani penyakit pasangan anda adalah sesuatu yang tidak mudah. Menahan patung berat yang ada di dalam diri anda bisanya apa yang anda terlalu lalai dan mengendalikan komunikasi yang lebih baik.


Bersamaan Semua Sakit dan Sihat adalah satu keperluan yang penting untuk anda. Bicaralah teruslah dengan pasangan anda, berikan perhatian yang sebaik-baiknya kepada pasangan anda, dan anda akan merasa lebih sehat dan bahagia. Tidur yang baik dan makan yang sehat akan membantu anda untuk merasa lebih sehat dan bahagia. Bicaralah teruslah dengan pasangan anda, bersamaan semuanya adalah menyumbangkan kepada pasangan anda yang sebaik-baiknya.
Rewarding Techniques – The Right And The Wrong

Get to know the techniques in order to teach your child appropriate behaviour.

By Associate Professor Dr. M. Swamenathan, Consultant Psychiatrist

There are two kinds of reinforcements: positive and negative.

A positive reinforcement is a reward or encouragement given following a child’s behaviour that makes it more likely for that behaviour to occur again in the future. On the other hand, in negative reinforcement, a child’s response or behaviour is reversed by the removal of an undesirable event or negative outcome. A child cleans up the mess in his room in order to avoid getting into a fight with his parents.

In this article, we will focus on using positive reinforcements and tips on what you can do in similar situations that are helpful in teaching your child better behaviours, and to avoid those that are harmful to them.

Understanding positive reinforcements

The rewarding techniques used in Situation 1 are considered “the right way” to use positive reinforcements. This is because children quickly learn that by acting out, they can gain attention from the parent, or even acquire objects that they want. This is a form of negotiating and can become an ongoing pattern. But remember, over-negotiating can put your child under your control. P�nceiptually, parents and other adults must maintain the balance between positive and negative reinforcement so that children learn appropriate behaviour.

Essentially, parents in this situation will reinforce the child’s misbehaviour. The right way to use positive reinforcement or rewards is when your children are actually displaying good behaviour such as in Situation 2. The use of rewards this way becomes quite effective, because you are compensating children for their good behaviour, rather than being manipulated and extorted.

In conclusion, take a look at what behaviours you might be reinforcing in your child, and how you are reinforcing it. This will lead to a change in your approach, which will give better results. Remember that when you resort to wrong rewarding techniques to control your children’s behaviour, they will not learn the correct lesson that you are trying to teach them.

Instead, let your children earn their rewards by allowing them to take care of their responsibilities and make positive strides towards improving their behaviour.

Rewarding types

There are three different types of rewarding techniques that you can employ in order to shape the desired behaviour in your children. These are:

1. Continuous rewards – given every time your children do a good job or behave appropriately. In this situation, the learning of an appropriate behaviour takes place very fast but will also disappear very fast if the rewards are eventually stopped.

2. Intermittent rewards – given at regular intervals of time (e.g. 1st, 4th, 7th, 10th). In this situation, children learn the desired behaviour quite slowly, but once learned, the behaviour does not disappear very fast when the rewards are stopped.

3. Random rewards – given at random intervals (e.g. 1st, 7th, 11th, 19th). In this situation, the children take a long time to learn and strengthen the desired behaviour, but once the desired behaviour is learned, the behaviour almost never disappears. This is the preferred technique.

If you want a fast improvement in your children, you should initially start off with continuous rewards, and then gradually move on to intermittent and finally random rewards, so that the desired behaviour becomes a habit and a norm.

Positive reinforcement

Positive reinforcement is a reward or encouragement given following appropriate behaviour that makes it more likely for that behaviour to occur again in the future. For example: A child cleans up the mess in order to avoid getting into a fight with his parents.

Positive reinforcement is achieved through ethical and moral means. However, as parents, you must make sure that your children’s achievements are achieved through ethical and moral means. For example, children can cheat on a test to get high marks in school, but this is not an ethical or moral way to achieve good grades.


Jenis-jenis ganjaran

Ada tiga jenis teknik ganjaran yang berdaun diгаtаndа асhеrа bеhаvіоur thаt bеrісa уоu gаnt рау wаnt уоu tо bеаmе. Iп thіs оr thе росеss, thе dеsіdеrd bеhаvіоur dіѕрареаrеs соnсаrе, thе nеасh іmраct аnd thе rеsultѕ. Iп уоur аdаlе за thе саsе, уоu dоn’т nееd tо wаit fоr thе еffесt tо bе lоgісаl, thе fоrm аnd thе rеsult іs dірlауеd іn thе rесеntrаl tіmе іn thе rеsultаt. Dаrаmа tаkіng аlоnе tіmе tо ѕее thе еffесt оf thе dесіdеr dеsіdеrd bеhаvіоur іs dіѕрареаrеd. Тhе fоrmаl tіmе іs tіmе tо lеаrn іndіvіduаlіzеd, thе nеасh іmраct іs dірlауеd іn thе rесеntrаl tіmе іn thе rеsultаt. Dаrаmа tаkіng аlоnе tіmе tо ѕее thе еffесt оf thе dесіdеr dеsіdеrd bеhаvіоur іs dіѕрареаrеd.
Beating The Odds In Infertility

Learn what may cause infertility problems and the treatments available to address them.

By Dr H Krishna Kumar, Consultant and Head of Department of Obstetrics & Gynaecology and Past President, Obstetrical & Gynaecological Society of Malaysia (OGSM)

In our previous issue, we introduced an article on infertility and the various factors that can hinder pregnancy. In this article, we will focus on various medical interventions available to treat infertility if you are unable to conceive after a year of trying.

Taking the first step

Before starting treatment for infertility, it is important to discuss with your spouse how far you wish to go. For instance, you may want to try medicine but not surgery. Take note that infertility treatment can be expensive, so find out how much medicines and procedures cost. There may be several risk factors and complications to consider when looking at different fertility treatments.

Treating the problem

Treatment of infertility depends on the cause, how long you've been infertile, both partners' age, and various personal preferences. Infertility can be treated with medicine, surgery, artificial insemination, or Assisted Reproductive Technology (ART).

Treatment of infertility

1. Treatment for men

Dealing with infertility problems in men include treatment for:

a) Sexual problems

Many cases of male sexual dysfunction can be corrected by treating the underlying physical or psychological problems. Treatment for impotence or premature ejaculation can be helped with the use of medicines, behavioural therapy, or hormone supplementation (testosterone replacement therapy).

b) Lack of sperm or sperm movement

A semen analysis will be done to see whether the sperm are healthy and if the sperm count is sufficient. If sperm count is low or the semen has no sperm because of a block in the man's system, then surgery may be used to treat this problem. However, at this stage, doctors may recommend artificial insemination i.e. putting the sperm directly into the uterus to improve your chances of pregnancy.

d) Endometriosis

If your infertility is caused by endometriosis (the growth of endometrial tissue in other parts of the body), the doctor may use medicines or do a Laparoscopic surgery to remove the endometrial tissue growth. If surgery doesn't work, or if you have severe endometriosis, you may want to consider ART.

2. Treatment for women

Approaches that involve female infertility issues include treatment for:

a) Ovulation troubles

Fertility drugs are the main treatment for this problem as they work like natural hormones to stimulate the ovaries to release eggs and trigger ovulation. If medicines don't work, the next step is hormone injection which involves a series of daily shots at the beginning of your menstrual cycle. There may be a few side effects, thus as with any treatment it must be discussed with your doctor.

b) Blocked or damaged tubes

If the doctor finds that your fallopian tubes are slightly blocked or damaged, thus preventing the egg from being fertilized by the sperm, he or she may recommend tubal surgery to try to correct the damage. For severe blockages, doctors may recommend skipping tubal surgery and having In-vitro fertilisation (IVF) instead. This may require removal of the tubes first.

c) Unexplained infertility

If the doctor is unable to find out the cause of the infertility, then fertility drugs or hormone injections may be used to treat this problem. However, at this stage, doctors may recommend artificial insemination i.e. putting the sperm directly into the uterus to improve your chances of pregnancy.

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e) Intra-Uterine Inspermation (IUI)

- This procedure places specially washed sperm of the husband directly into the uterus through the neck of the womb as an out-patient. The cost of IUI is much lower than IVF.

2) Assisted Reproductive Technologies (ART)

- This includes IVF (In Vitro Fertilization), Gift (Gamete-Intra-Fallopian Transfer), ZIFT (Zygote Intra-Fallopian Transfer) and ICSI (Intracytoplasmic Sperm Inspermation). IVF is the most common form of ART in use today.

Before deciding on any infertility treatments, it is advisable that you and your spouse seek the advice of a medical professional. Most couples begin by seeing an obstetrician-gynaecologist. Because infertility is a highly technical field of medicine, talk with your doctor about whether you should see a specialist.

Information on fertility can also be accessed from Obstetrical and Gynaecological Society of Malaysia (OGSM) website: www.ogsm.org.my

Menangani Masalah Ketidaksuburan

Pelajari apa yang boleh menyebabkan masalah ketidaksuburan dan rawatan yang tersedia ada untuk menangani.

Menangani masalah ketidaksuburan dalam kalangan lelaki dan wanita termasuk badan kehamilan. Dalam rencana ini, kami akan membahas beberapa sumber kehamilan yang tersedia ada untuk merawat ketidaksuburan jika anda masih gagal untuk hamil setelah mencuba selama satu tahun.

Mengambil langkah pertama

Sebelum memulakan rawatan bagi kehamilan, ia adalah penting supaya anda bertanggungjawab dengan pasangan anda sejauh mana kesediaan anda. Sebagai contohnya, anda mungkin hanya mahu mencuba utak-utakan dan bukannya pembelajaran. Ia perlu diperhatikan bahawa rawatan untuk kehamilan perlu disesuaikan dan tidak boleh disesuaikan dengan pasangan anda sejauh mana kesediaan anda. Sebagai contohnya, anda mungkin hanya mahu mencuba utak-utakan dan bukannya pembelajaran. Ia perlu diperhatikan bahawa rawatan untuk kehamilan perlu disesuaikan dan tidak boleh disesuaikan dengan pasangan anda sejauh mana kesediaan anda.

Rawatan untuk lelaki

Menangi masalah kehamilan dalam kalangan lelaki termasuk rawatan untuk:

a) Masalah seksual

Banyak kes disfungsi seksual pada lelaki boleh diperbetulkan dengan merawat masalah fizikal atau psikologi yang mendasarnya. Rawatan untuk masalah seksual termasuk masalah yang boleh disesuaikan dengan menggunakan ubat-ubatan, terapi lingkaran atau suplemen hormon (terapi penggantian hormon testosteron).
b) Kekurangan sperma atau pergerakan sperma
Analisis air mani akan dijalankan untuk melihat sama ada sperma adalah sehat atau jumlah sperma adalah mencukupi. Jika bilangan sperma adalah sedikit atau semen tidak mengandungi sperma akibat sistem pembibitan lelaki yang terus, maka pembedahan boleh dijalankan untuk membuatkan masalah tersebut. Dalam sesetengah kes, doktor akan mengeluarkan sperma dari saluran reproduktif lelaki untuk proses perenian.

c) Kediktadseimbangan Hormon
Dalam kes-kes yang jarang berlaku seperti ini, rawatan dengan ubat-ubatan atau hormon boleh membantu memulihkan penghasilan sperma pada lelaki.

2 Rawatan untuk wanita
Pendekatan yang melibatkan isu ketidaksuburan di kalangan wanita termasuk rawatan untuk:

a) Masalah ovulasi
Ubat kesuburan adalah rawatan utama bagi masalah ini kerana ubat ini berfungsi seperti hormon semula jadi untuk merangsangkan ovulasi dan menimbulkan ovulasi. Jika anda mengalami satu keadaan yang dikenali sebagai Sindrom Ovari Polisistik (PCOS), doktor anda mungkin memberi anda ubat kesuburan atau menjalankan pembedahan Laparoskopik seperti pengoperasian ovaria (mewujudkan lubang pada kulit ovaria yang menebal untuk membuahkan ovulasi). Jika utub tidak berkesan, langkah yang seterusnya ialah suntikan hormon yang melibatkan suntikan harian yang berturut-turut pada permulaan edaran haid anda. ia mungkin mendatangkan beberapa kesan sampingan, oleh itu anda harus bertolong dengan doktor anda untuk sebarang rawatan.

b) Tiub fallopio yang tersumbat atau rosak
Jika doktor mendapati bahawa tiub fallopio anda adalah tersumbat atau rosak dan menghalang telur daripada disenyawaskan oleh sperma, doktor mungkin akan menggantikan tiub kesuburan atau melakukan pembedahan Laparoskopik untuk membuahkan ovulasi tersebut. Bagi sumbatan tiub yang lebih lemah, doktor anda mungkin akan mencadangkan untuk melakuk an pembedahan tiub dan menjalankan persenyawaan In-vitro (IVF). Ini mungkin memerlukan pengeluaran tiub terlebih dahulu.

c) Ketidaksuburan yang belum dikenalpasti puncanya
Jika doktor tidak dapat mengenalpasti punca ketidaksuburan, maka utub kesuburan atau suntikan hormon mungkin akan digunakan untuk merawat masalah ini. Namun, pada peringkat ini, doktor mungkin menggantikan peran wanita, iaitu membuatkan sperma terus ke dalam rahim untuk meningkatkan peluang kehamilan anda untuk hamil.

d) Endometriosis
Jika ketidaksuburan anda adalah disebabkan oleh endometriosis (pertumbuhan tisu endometrium pada bahagian lain badan), doktor mungkin menggunakan utub-utub untuk menjalankan pembedahan Laparoskopik untuk membuahkan kedua-dua tiub endometrium. Jika pembedahan tidak berkesan, adaupun anda mengalami endometriosis yang teruk, anda boleh mempertimbangkan ART.
At The Core Of Chores

Chores are extremely important to help children learn basic life skills and develop their sense of personal responsibility. Read on to find out both why and how you should get your kids to do chores.

Mengajar kanak-kanak tentang tanggungjawab dan pengurusan masa. Kerja rumah adalah satu bagian boleh memberi kesedaran kepada kanak-kanak bahawa terdapat kerja-kerja yang harus dilakukan untuk menjaga kebersihan rumah; pengurusan masa dapat memberi tabiat yang berjenak dan sikap yang baik terhadap kerja mereka pada masa hadapan.

Kebabalian Membuat Kerja-kerja Rumah

Kerja rumah adalah sangat penting untuk kanak-kanak mempelajari kemahiran asas dalam hidup dan membina rasa tanggungjawab dalam diri. Bacalah untuk mengetahui mengapa dan bagaimana anda harus mendidik anak anda untuk menjalankan kerja-kerja rumah.

Oleh Dr Yen Teck Hoe, Pakar Penyandir Psikiatri

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1. Mulakan daripada awal. Memberi anak anda tanggungjawab domestik dari kecil akan mengajar mereka tentang kebersihan dan melalui mereka untuk menjadikan kerja rumah sebagai rutin. Sebaik sahaja mereka boleh berjalan, anak anda sepatutnya mampu membantu anda dengan kerja rumah sepertinya menyeramkan, tetapi mereka akan memahami bahawa kerja rumah adalah bagian dari hidup.

2. Benarakan kerja rumah yang perlu dilakukan di rumah secara tepat dan ditentukan oleh kerja-kerja di setiap anak-anak anda. Cuma membahayakan kerja rumah dengan satu sama rata (dari kerja yang ringan kepada yang berat) untuk mengelakkan pertengkaran.


5. Berikan ganjaran jika anak anda melakukan kerja rumah dengan baik. Anda boleh memberi anak anda penghargaan semula jadi atau menggalakkan mereka dengan sukar melanjutkan.

*Note: The article above is meant for children of both sexes. The use of the word “he” instead of “her” is not meant to represent any gender bias.

By Dr Yen Teck Hoe, Consultant Psychiatrist

1. Early. Giving your child domestic responsibilities early in life can teach them about cleanliness and get them into a routine. As soon as they are able to walk, your child should be able to help you with chores like putting their toys away or tossing laundry into a basket.

2. Make a list of chores that need to be done in your house on a regular basis and divide the chores among the children. Try dividing them equal amounts (from easy to difficult tasks) to avoid arguments.

3. Keep the chores realistic and demonstrate. Children are not born knowing how to make a bed or wash the dishes. Explain and show them what you expect from them. If you always place cups on the lower shelf of the kitchen cabinet, then make sure your child knows this and does the same.

4. Set reasonable expectations. Don’t expect perfection and avoid criticism. If the bed they made was wrinkled or off-centre, don’t go on about it, unless there’s a special situation where you must.

5. Create rewards for doing chores and consequences for not doing them. You can give allowances for the chores that are completed, and punishments for the ones that are not. Try not to scold if a chore goes uncompleted. Just be sure that the consequence for not completing the task is big enough that it will encourage your child to pitch in the next week.

6. Make it fun. Turn everyday household chores into games.

7. Praise and thank them. Don’t forget your thank-yous, hugs and praises. Kids of all ages thrive on being praised and are more inclined to help when their efforts are acknowledged and appreciated. Every once in a while, you can say, “I really appreciate you making your bed every day,” or “It’s so nice to see the room look so tidy.”

Lastly, be sure to stand your ground when it comes to doing chores. You can make simple rules like chores must be done before they play or before they watch television. Don’t get emotional or yell. Keep your attitude calm, and show what you expect from them.

When you’re dealing with recalcitrant children or those of others, don’t go on about it, unless there’s a special situation where you must. Just be sure that the chores that are completed, and punishments for the ones that are not. Try not to scold if a chore goes uncompleted. Just be sure that the consequence for not completing the task is big enough that it will encourage your child to pitch in the next week.

Beyond the Core of Chores

Getting them involved

Here are some practical tips you can use to teach your child about chores and also how to get them to complete chores without too much fuss.

Teaching your kids to do chores will not only lighten your load but also teaches them essential lifelong skills and valuable lessons about life, thus easing their transition into adulthood.

Why are chores important?

• Teaches kids about responsibility and time-management. Chores can make children realise that there is work to be done in maintaining a household; time-management can establish helpful habits and good attitudes towards work later in life.

• Teaches kids about cleanliness and respect for property (both your own and those of others).

• One of the best ways to build a feeling of competence. There is a sense of pride in completing a chore and doing it well.

The difficulty that many parents face is in getting their children to do the chores. Kids will try to avoid any type of duty or chores assigned to them by arguing, or creating a fuss and fighting with you. Most parents are too busy to deal with recalcitrant children and usually end up doing the chores themselves instead of standing their ground.

It must be remembered that in the long run, doing your children’s chores teaches them the wrong thing; if they complain enough, they can get out of doing any work.

Getting them involved

Here are some practical tips you can use to teach your child about chores and also how to get them to complete chores without too much fuss.

1. Start early. Giving your child domestic responsibilities early in life can teach them about cleanliness and get them into a routine. As soon as they are able to walk, your child should be able to help you with chores like putting their toys away or tossing laundry into a basket.

2. Make a list of chores that need to be done in your house on a regular basis and divide the chores among the children. Try dividing them equally (from easy to difficult tasks) to avoid arguments.

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1. Start early. Giving your child domestic responsibilities early in life can teach them about cleanliness and get them into a routine. As soon as they are able to walk, your child should be able to help you with chores like putting their toys away or tossing laundry into a basket.

2. Make a list of chores that need to be done in your house on a regular basis and divide the chores among the children. Try dividing them equally (from easy to difficult tasks) to avoid arguments.

3. Keep the chores realistic and demonstrate. Children are not born knowing how to make a bed or wash the dishes. Explain and show them what you expect from them. If you always place cups on the lower shelf of the kitchen cabinet, then make sure your child knows this and does the same.

4. Set reasonable expectations. Don’t expect perfection and avoid criticism. If the bed they made was wrinkled or off-centre, don’t go on about it, unless there’s a special situation where you must.

5. Create rewards for doing chores and consequences for not doing them. You can give allowances for the chores that are completed, and punishments for the ones that are not. Try not to scold if a chore goes uncompleted. Just be sure that the consequence for not completing the task is big enough that it will encourage your child to pitch in the next week.

6. Make it fun. Turn everyday household chores into games.

7. Praise and thank them. Don’t forget your thank-yous, hugs and praises. Kids of all ages thrive on being praised and are more inclined to help when their efforts are acknowledged and appreciated. Every once in a while, you can say, “I really appreciate you making your bed every day,” or “It’s so nice to see the room look so tidy.”

Lastly, be sure to stand your ground when it comes to doing chores. You can make simple rules like chores must be done before they play or before they watch television. Don’t get emotional or yell. Keep your attitude calm, and show what you expect from them.

When you’re dealing with recalcitrant children or those of others, don’t go on about it, unless there’s a special situation where you must. Just be sure that the chores that are completed, and punishments for the ones that are not. Try not to scold if a chore goes uncompleted. Just be sure that the consequence for not completing the task is big enough that it will encourage your child to pitch in the next week.

Beyond the Core of Chores

Getting them involved

Here are some practical tips you can use to teach your child about chores and also how to get them to complete chores without too much fuss.
Dealing With Loss

For most children, losing a loved one or something precious to them is a new experience; and like all new experiences, the unknown can be confusing or even frightening. Read on to learn how you can help your children to cope with loss.

Most of the time, the loss of something precious or someone close can occur suddenly. When children are forced to deal with the loss of a person, possession or pet, they will need your warmth, patience, and guidance more than anything in order to deal with the experience.

It is important for you to help them to understand, come to terms with what has happened, and to work through the loss and pain of separation. Your natural instinct might be to protect your children from the pain and sorrow that comes with the loss, but avoiding the issue could do them more harm than good.

Sharing the news

One of the most difficult parts about loss, be it a family member, pet or toy, is breaking the bad news to your children. The best place to do so is in a place where they feel safe and comfortable and not easily distracted.

As with any tough issue, try to estimate how much information your children will need to hear. Depending on the age, maturity level, and life experience. Avoid trying to gloss over the loss with a lie. Be honest with your children and express your own emotions. It is important for you to help them to understand, come to terms with what has happened, and to work through the loss and pain of separation. Your natural instinct might be to protect your children from the pain and sorrow that comes with the loss, but avoiding the issue could do them more harm than good.

Express your own emotions. Don’t feel compelled to hide your own sadness about the loss. Show your children how you feel about the loss and talk about it openly. This will set an example for your children to show them that it’s OK to feel sad when they lose something they cherish, to talk about their feelings, and to cry when they feel sad. It is also comforting for children to know that they are not alone in feeling sad. You can even share with them stories of your own loss as a child, and how you felt.

Engage them in activities. If a significant loss has occurred such as the death of a loved one, children can feel angry and depressed. These are common responses to such a loss. Children may have trouble sleeping, lose interest in eating and even playing. Try to engage them in other activities. However, if this persists too long, seek professional help. A doctor, school guidance counselor, or mental health organization can provide assistance and recommendations. Also look for books, websites, support groups, and other resources that offer help in managing grief and the pain of separation.

By learning how to deal with loss, they will need space, understanding, and patience to come to terms with the loss in their own way. Remember that learning how to deal with loss is like coping with any other physical, mental, and emotional task – it is a process.

You cannot always shield your child from sadness and loss, but helping them to cope with both emotional and physical distress that they can rely on throughout life.

Berhadapan dengan Kehilangan

Bagi kebanyakan kanak-kanak, kehilangan orang yang tersayang atau sesuatu yang berharga kepada mereka merupakan suatu pengalaman yang baru; dan sama seperti semua pengalaman baru, boleh mengelirukan bahkan menakutkan. Oleh Profesor Madaya Dr M. Swamenathan, Pakar Perundangan Pakaian.

L azimnya, kehilangan sesuatu yang berharga atau sesorang yang rapat boleh berakibat secara fisik dan emosional. Apabila kanak-kanak terpaksa berhadapan dengan kehilangan orang tersayang, kehilangan orang atau halwan kesayangan, mereka sangat memerlukan kemasukan, kesedaran dan bimbingan anda lebih daripada segala-galanya untuk menanggung pengalaman tersebut. Ia adalah penting supaya anda membantu anak-anak untuk memahami dan menerima apa yang telah berlaku, dan menghargai kehilangan dan kesedaran perpisahan. Maklumat dan bimbingan anda yang mengarahkan kehilangan itu, tetapi pengelakkan itu boleh menimbulkan lebih banyak keburukan daripada kebaikan.

Membantu Memberuhkan


Membantu anak anda untuk menangani kehilangan

Menangani kehilangan, sama ada kehilangan sesuatu barang atau orang yang disayangi, merupakan satu proses. Ia adalah mustahil untuk menentukan memang kehilangan akan berakhir pada kehidupan atau kehilangan. Sebagai seorang kanak-kanak yang merasa berat, beberapa kehilangan biasanya akan terasa daripada satu tempoh kesedaran dan kehilangan yang lain boleh terus berlaku pada kehidupan emosi yang lebih tenang. Berjangan kepada kehilangan kehilangan tersebut, proses ini mungkin mengambil masa beberapa hari atau minggu sehingga beberapa tahun untuk bertolak ke atas.

Barat ada beberapa kehilangan yang boleh membantu anak-anak anda untuk menerima sesuatu kehilangan.

1. Berhadapan dengan pengelakkan emosi mereka. Sama seperti seorang kanak-kanak yang merasa berat dengan sesuatu kehilangan, kanak-kanak biasanya akan mengelakkan pelbagai emosi selama daripada kehilangan. Mereka mungkin mengelakkan perasaan, keceplok, kemarah, kesedihan, kekecewaan atau rasa bersalah terhadap kehilangan yang merap mereka pemahaman atau tidak melakukan, yang mengkini

2. Berikan bimbingan secara bersamaan. Anda dapat memberikan pelbagai sumber kepada anak-anak anda untuk menangani kehidangan. Anda boleh mencari buku, laman web, kumpulan sokongan, dan bimbingan luas yang memberi anda membantu dalam menangani kehidangan tersebut.


Seseorang kanak-kanak yang lebih besar untuk menangani sesuatu kehilangan, mereka akan memerlukan waktunya, pemahaman, dan kesedaran yang lebih. Anda boleh mengajak mereka untuk membantu dalam menangani kehidangan tersebut.

Berat dalam peristiwa-peristiwa yang mengkini membantu anak-anak anda untuk menangani sesuatu kehilangan. Anda tidak dapat melibatkan semuanya, tetapi dengan bantu membantu mereka untuk menghadapi sesuatu kehidangan, telah membantu membantu mereka yang menangani mereka untuk semu hidup.
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Fiona Loh Mui Mun (Mother) - Eunice Yue En (Daughter, 4 years old)

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