

ATRIA

ISSUE 4-JUNE 2026

MEDICAL FMHS

Little Lives Big Care

Physical & Infectious Illness

Learning & Development
Conditions

Parenting & Everyday Care

Community & Support



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FACULTY PROFILE



Vision

A Global Leader in Medicine
and Health Sciences
Education.

Mission

To enhance the health and
well-being of the global
community through the pursuit
of excellence in teaching,
research, and strategic
collaboration.



FOREWORD

Dear readers,

It is a great pleasure to see the fourth issue of ATRIA. Each edition of ATRIA has sought to highlight topics that matter deeply to our community, and this issue is no exception. In this edition, we turn our attention to those who represent our future our children.

The theme, "*Little Lives, Big Care*", reminds us that the health and well-being of children require more than medical treatment alone. It calls for a collective commitment from families, healthcare professionals, educators, and communities to ensure that every child has the opportunity to grow, learn, and thrive.

Within these pages, readers will find a diverse collection of articles covering childhood illnesses, learning and developmental issues, parenting and caregiving, as well as the importance of early screening and timely intervention. Together, these topics highlight the many dimensions of child health and the vital role that prevention, awareness, and compassionate care play in shaping healthier futures.

At the Faculty of Medicine and Health Sciences, we remain committed to advancing health through education, research, and community engagement. By fostering greater understanding of children's health needs, we hope to contribute towards a society where every child receives the care and support they deserve.

I extend my sincere appreciation to the editorial team and all contributors for their dedication in producing this issue of ATRIA. I hope this edition informs, inspires, and reminds us of the profound responsibility we share in caring for the youngest members of our society. For in every child we nurture today lies the promise of a healthier and brighter tomorrow.

Happy reading.

Prof. Dr. Asri bin Said
Dean

Dear Readers,

This issue brings **Little Lives, Big Care** into focus, reminding us how thoughtful care can make a lasting difference in a child's life. Caring for children is not merely about treating illness; it is about nurturing growth, protecting potential, and shaping healthier futures.

There is a well-known saying, "*It takes a whole village to raise a child.*" In medicine, that village extends far beyond the clinic walls. It includes families, communities, educators, nurses, doctors, allied health professionals, policymakers, and advocates; each playing a vital role in supporting a child's wellbeing. When this village stands united, care becomes comprehensive, compassionate, and sustainable.

This issue not only explores clinical insights and innovations, but also highlights parent sharing; powerful narratives that remind us of lived experiences, resilience, and the value of partnership in care.

As you read through this issue, we hope it gently reminds you that every role matters, and that your care, compassion, and commitment can make a meaningful difference in a child's life.

Together, let us continue offering big care to the little lives who trust us most.

Amelia Mohamad
Chief Editor



Navigating the Early Years: Essential Insights for Parents of Special Needs Children

By a mother walking this journey.

“When I noticed that my son was reaching his development milestones differently, I knew I had to take action. Here are some important points I hope every parent can learn from my experience.”



Amelia binti Mohamad
Lecturer

1. Early Detection Matters

Trust your instincts. If you feel something is “off,” do not wait, even if others say “*lelaki lambat sikit*” or “*nanti pandai sendiri*.” Some red flags I noticed in my son:

- No eye contact
- Delayed speech
- Hyperactivity
- Regression (lost skills he once had)

What I did:

- Requested a developmental screening at Klinik Kesihatan Ibu dan Anak
- Asked for a referral to a paediatrician

‘Early assessment means early intervention, and early intervention changes outcomes’

2. Therapy Is Not a Luxury, It Is a Necessity

Once my son was identified as having a development delay, I enrolled him in therapy immediately, even while waiting for formal diagnosis.

He was enrolled in:

- Speech Therapy
- Occupational Therapy (OT)

‘Even 1 or 2 sessions a week can make a difference when done consistently, with continued practice at home’



Trampoline therapy - help to improve motor skills, balance, coordination, and sensory regulation.



Marbles in clay - Therapy for fine motor skills, hand strength, and pincer grasp.

3. Apply for the OKU Card

Many parents delay applying because they are still “in denial” or afraid of labels.

Why the OKU card matters:

- Access to therapy support and welfare aid
- Easier access to special education services

How to apply:

- Through Jabatan Kebajikan Masyarakat
- Medical report from a government/registered specialist is required

‘The card does not limit your child’s future, but not applying may limit their support today’



OKU card

4. Special Education Options

My son was in a special class (PPKI) for three years (2020–2023). He then passed the assessment to join a mainstream class. At that time, at the age of 11, he should have been in Primary 5, but I requested he enter Primary 3 to help him better manage the mainstream curriculum. He is now happily attending a mainstream classroom and thriving.

PPKI (Program Pendidikan Khas Integrasi) offers:

- Smaller class sizes
- Teachers trained in special education
- Focus on functional academics and life skills

Parents should know:

- Placement is based on assessment, not parental preference alone
- Mainstream + PPKI (inclusive model) is possible for some children

Education is about accessing learning in the right way.

5. Progress Looks Different and That's Okay

Success for our children may not look like straight As or trophies. Sometimes success is:

- A new word or a complete sentence
- Toileting independence
- Eye contact
- Emotional regulation

Celebrate small victories. They are not small to us.



At the Rehabilitation Centre



Outside the Special Education Classroom

His achievement in mainstream class



Among the top in science exam



Becoming an imam during KAFA



Represented his class in Dare-to-Spell competition

A Final Note:

This journey is not an easy one, but it is also filled with empathy, growth, and profound love. Early action, the right support, and informed parents change our children's lives.

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