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FACULTY OF MEDICINE & HEALTH SCIENCES

ATRIA

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MEDICAL FMHS

Little Lives Big Care

Physical & Infectious Illness

Learning & Development Conditions

Parenting & Everyday Care

Community & Support

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FACULTY PROFILE

UNIMAS
UNIVERSITI MALAYSIA SARAWAK
FACULTY OF MEDICINE & HEALTH SCIENCES

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

THE ART OF COMPASSION AND CREATIVITY

Ross Azura binti Zahit
Clinical Psychologist

Imagine a world where a child's unique neurological wiring is seen as a different operating system rather than a broken circuit. For many families, navigating the landscape of neurodiversity feels like decoding a language without a manual.

The Heart of Compassionate Care

In pediatric mental health, behaviour is rarely the problem because it is the communication of an unmet need. True care begins when we stop seeing a child as a set of symptoms to be managed and instead look at every difficult behaviour as a cry for help or a request for connection. Compassionate care means meeting a child exactly where they are and providing a safe space for them to exist without judgment. When we lead with empathy, we build a bridge of trust that allows for genuine growth and emotional safety.

Healing Through Expression

Play and art are the primary ways children understand their surroundings and express their inner worlds. These therapies are essential because they allow children to communicate feelings they might not yet articulate (Vaisvaser et al., 2024). Play therapy creates a safe environment where children act out anxieties and learn coping skills through their imagination. Similarly, art therapy provides a tactile way to externalize internal struggles and celebrate unique perspectives. Both methods prioritize the emotional bond between the therapist, child, and family over clinical metrics.

Supporting the Family through Sarawak Mandala

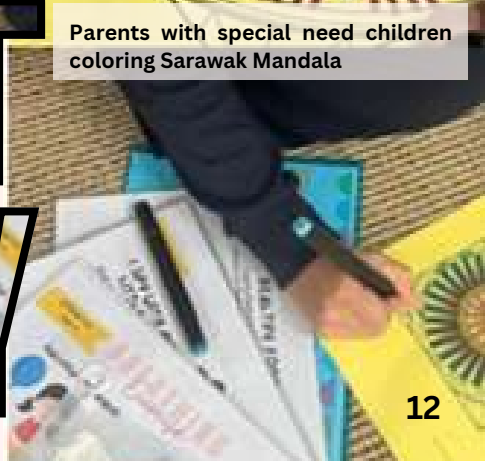
Caring for a child with special needs is a path of deep love and unique challenges. Through the Sarawak Mandala initiative, I provide compassionate care designed to support the mental well-being of parents. This initiative uses the meditative and rhythmic practice of mandala creation to help parents process complex emotions. By doing so, we acknowledge that a parent's emotional health is the essential foundation upon which a child's progress is built (Hofmann et al., 2023).

Conclusion

By embracing creativity and compassion, we can transform the way we care for our children.

Activities of expressive arts therapy with special needs children

Parents with special need children coloring Sarawak Mandala



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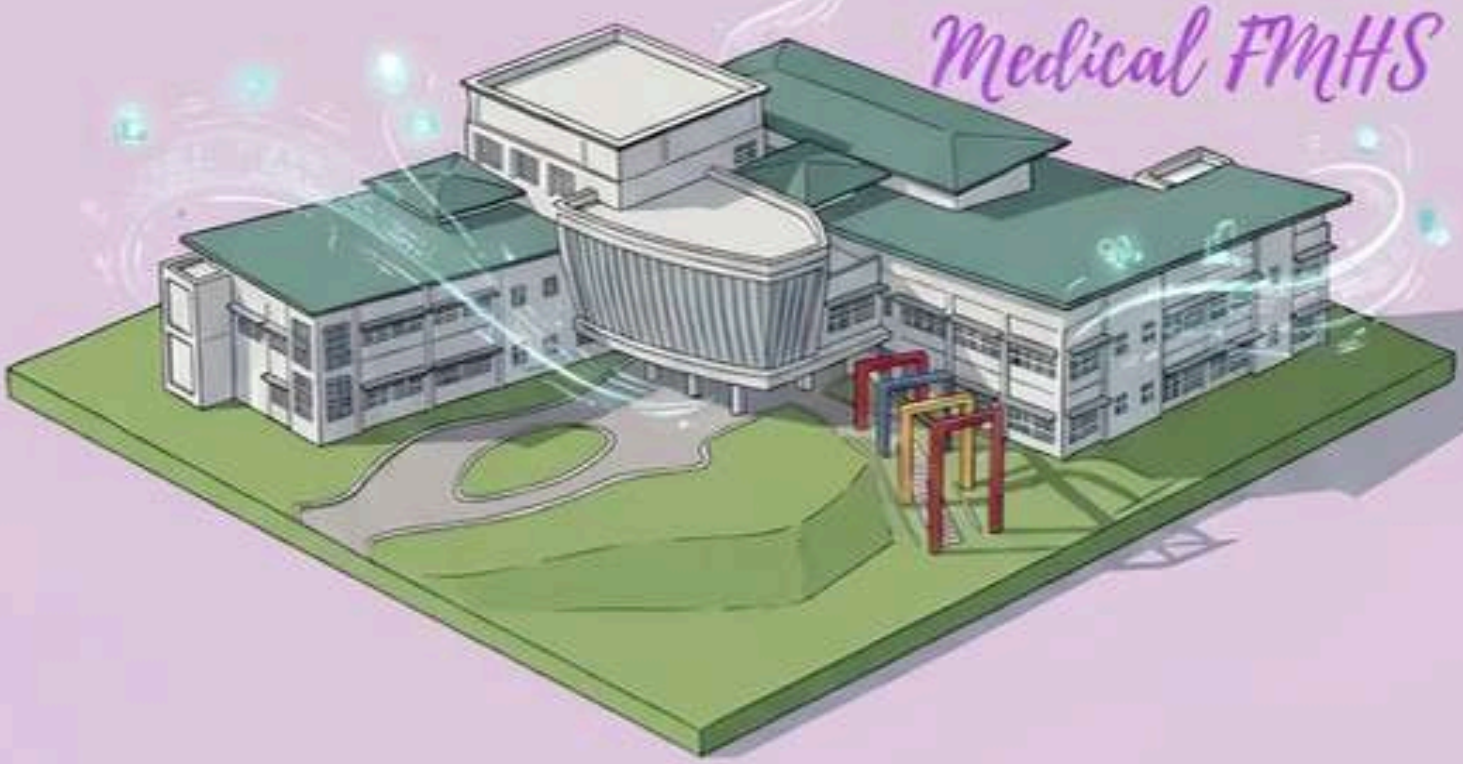

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