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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

FROM FUSSY EATING TO THRIVING KIDS:

Helping Your Child Eat Better Every Day

Dr. Law Leh Shii
Nutritionist

for illustration only

During a school gathering, two mothers begin chatting while watching their children play. One mother proudly shares that her son Amir is energetic, growing well for his age, and rarely falls sick. The other mother sighs and explains that her son Ben often looks tired, struggles to keep up with other children, and is smaller than his peers. She adds that Ben frequently gets infections and takes a long time to recover whenever he falls ill.

Ben's mother shared that her son often shows little interest during mealtimes and tends to refuse certain foods, especially vegetables. She also noticed that his appetite fluctuates and he frequently eats very small portions.

These behaviours reflect common feeding problems in children, such as picky eating, low appetite, and irregular eating patterns. As a result, Ben may not be receiving enough dietary variety or essential nutrients needed for healthy growth and development. Over time, inadequate nutrient intake can contribute to low energy levels, slower physical growth, weaker immunity, and frequent illnesses, which explains why Ben often appears tired and struggles to keep up with other children.

Strategies to Encourage Healthy Eating Habits in Children

Adopt 'Makanan Ceria' Concept

Colourful, balanced meals with fruits, vegetables, grains & protein

Make Food Fun & Creative

Use fun shapes & attractive arrangements

Involve Children

- Meal preparation
- Grocery planning
- Simple cooking activities

Teach Hunger & Fullness Cues

Let children eat according to their appetite

Eat Together as a Family

Create a positive eating environment & role model healthy habits

Limit Junk Food, Choose Healthy Snacks

Fruits, nuts, whole-grain options

Consistently Introduce a **Variety of Foods** to help children accept different tastes & build lifelong healthy habits.

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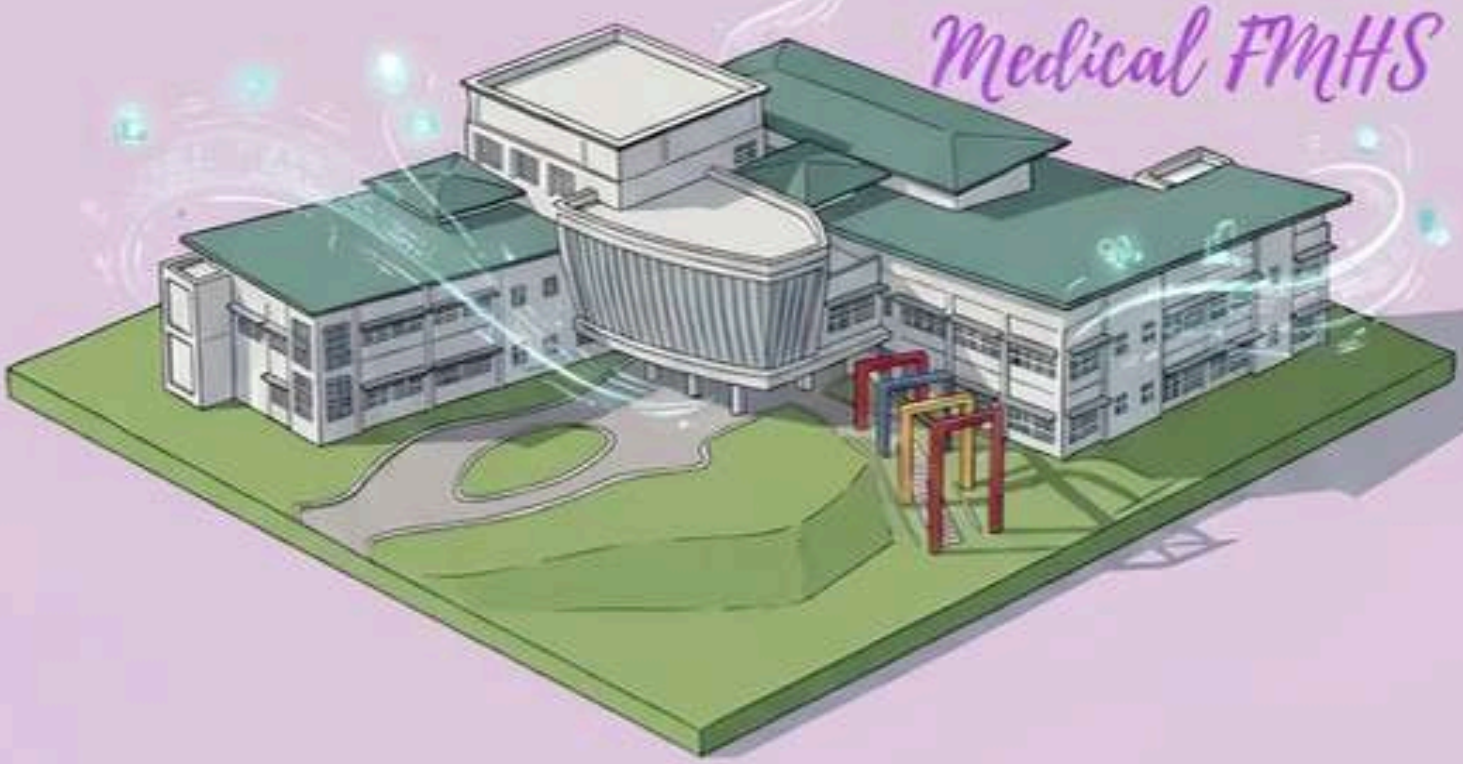

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