UNIMAS
UNIVERSITI MALAYSIA SARAWAK
FACULTY OF MEDICINE & HEALTH SCIENCES

ATRIA

ISSUE 4-JUNE 2026

MEDICAL FMHS

Little Lives Big Care

Physical & Infectious Illness

Learning & Development Conditions

Parenting & Everyday Care

Community & Support

Fourth published online June 2026

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Published in Malaysia by
UNIMAS Publisher,
Universiti Malaysia Sarawak,
94300 Kota Samarahan,
Sarawak, Malaysia.

This publication is published biannually.

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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

RAISING BOYS IN A HYPER-EXPOSED WORLD: A REFLECTION

Dr. Marlynna binti Sarkawi
Physiologist

I am a proud mother of growing boys. I believe that nothing can fully prepare you to raise children, especially in today's world, an era of excessive and unfiltered information!

It has never been easy for me to raise my children to become worthy men for society. With easy access to digital devices, children nowadays are exposed to content far beyond their developmental readiness. One of my greatest concerns is the early, unintended exposure to pornography, which can distort their understanding of relationships and respect. More worrying is the risk of grooming by unknown individuals, where harmful intentions are often hidden behind anonymity.

As a parent, I am in a constant dilemma between protecting my children and preparing them for reality. Building an open, trusting relationship has been one of my priorities, knowing that I cannot fully shield them. Limiting screen time, spending meaningful time together, and engaging in physical activities are part of my weekly commitments. We also have a weekly movie night, creating opportunities for bonding and conversation where they feel safe to share.

At the same time, I believe parenting cannot be done solo. We work closely with teachers, coaches, and mentors, as raising children truly takes a village. Shared awareness and communication are essential in keeping our children safe.

However, one of our biggest challenges is time. Despite working late and on weekends, we strive to be present in the moments we do have, choosing connection over perfection.

Raising boys in this era is not just about imparting knowledge, but about shaping values, respect, and resilience. It's not about perfect parenting, but about being consistently present, aware, and willing to guide them through a world that is far more complex than the one we grew up in. And here I am, ready to unlearn and relearn.

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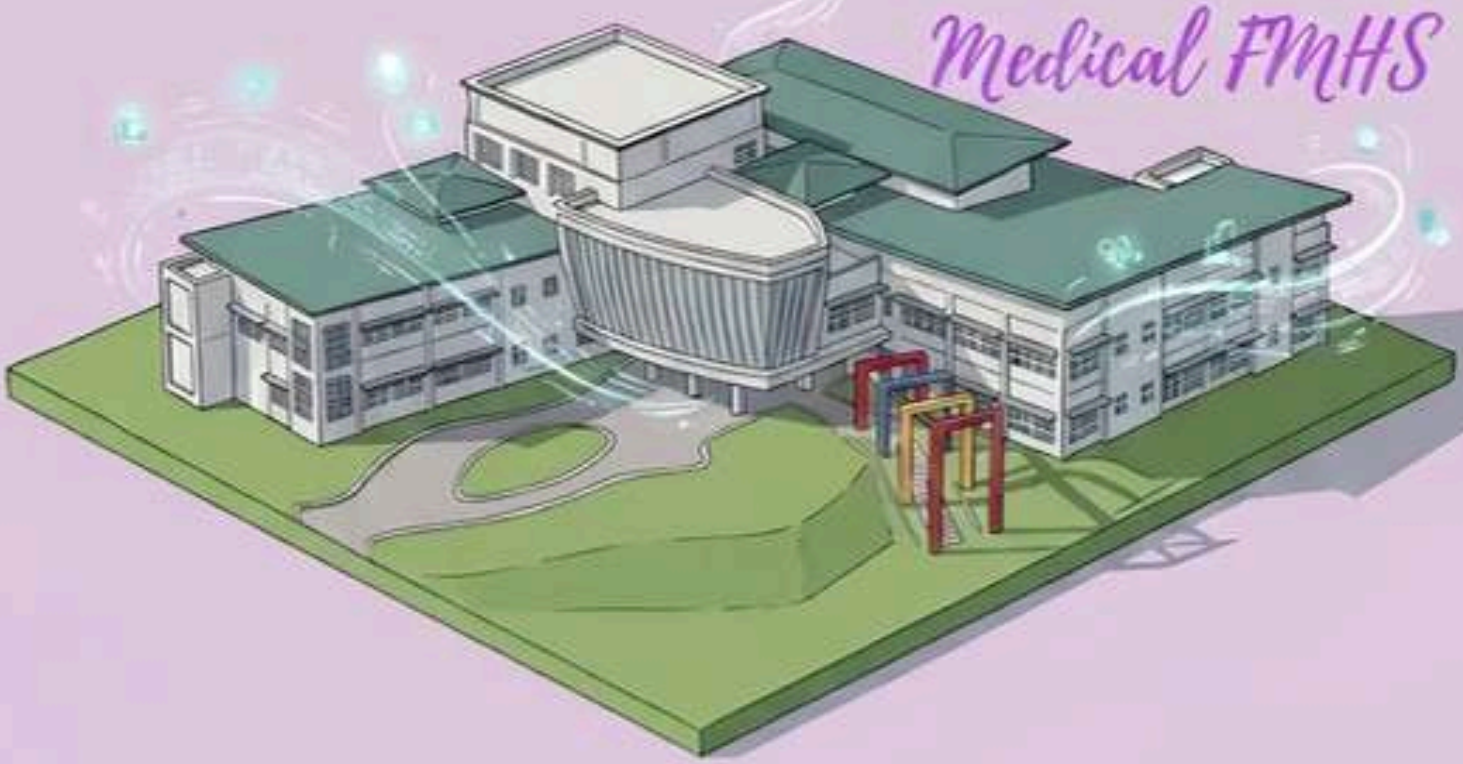

eISSN 3083-8665