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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

Raising Generation Alpha:
The Malaysian Ethics & Ambition Blueprint

Dr. Norhida binti Ramli
Anatomist

Born into a world of seamless screens and instant AI, Generation Alpha (born 2010–2024) represents a seismic shift in human development. For Malaysian parents, the challenge is unique: how do we nurture "Digital Natives" while maintaining the ethics and family values that define our soul?
To raise a successful, ethically balanced Alpha, we must pivot on four pillars:

Digital Agency Over Literacy
It is not enough to know how to swipe; Alphas must understand the "why." In Malaysia, this means moving beyond restrictive parenting toward being "Digital Enablers" (LPPKN, 2020). We must blend tech-savviness with Social Responsibility, teaching them that behind every avatar is a human being, mirroring the spirit of Muhibbah in digital spaces.

Example: *When your child wants to post a comment or a photo on social media or a gaming platform, ask them: "Would you say this or show this to Aunty or Uncle at a Kenduri?" If the answer is no, it doesn't belong online. This teaches them that digital spaces require the same Adab as physical ones.*

The "Adab" Quotient (AQ)
While IQ and EQ are standard, the AQ is the Malaysian secret sauce. Contemporary research suggests that "Authoritative Parenting" balancing warmth with firm moral boundaries is the strongest predictor of character in our local context (Mokhtar & Mohamed, 2024). Success isn't just a high-flying career; it's being a "charitable soul" who respects elders and community integrity.

Example: *When you pick your child up from school, make it a habit to ask: "Who did you help or be kind to today?" before asking about their grades or exam results. This subtly shifts their focus from "How can I win?" to "How can I contribute to my community?"*

Resilience through "Susah-Senang"
In an era of instant gratification, Alphas risk low frustration tolerance. Malaysian parenting often emphasizes independence. By allowing Alphas to face controlled "hardships," we build Digital Resilience, converting adaptive potential into long-term psychological grit (Sobczak, 2025).

Example: *When your child encounters a "bug" in their homework or a digital app, implement a 10-minute "no-help" rule. Say: "Try two different ways to fix it yourself first. If it still doesn't work in 10 minutes, we will look at it together." This builds the jiwa kental necessary to handle frustration without giving up.*

Holistic Success: The "Dunia-Akhirat" Balance
True success for a Malaysian Alpha is a Balanced Life. This means pursuing STEM and creative arts while maintaining a grounded spiritual or ethical core. It's about being "Global in Mind, Local in Heart."

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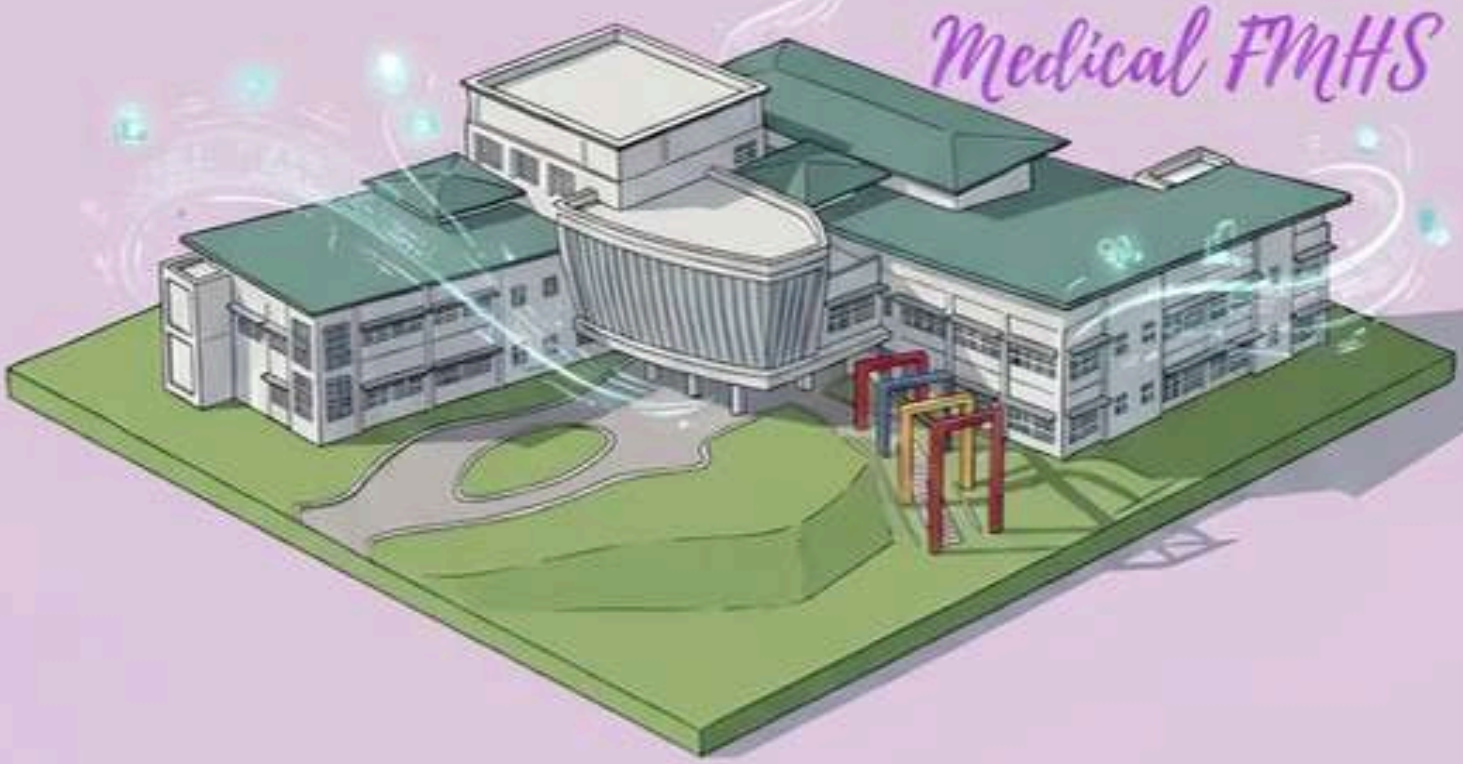

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