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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

Heart Full, Hands Full

Rasidah Abdul Wahab
Health Psychologist

As a working mother of three children, each born five years apart, I have learned that family planning is not only about timing but about creating space for growth, balance, and shared responsibility. Thoughtful spacing has allowed me to nurture each child's pysical and emotion development, while giving the older one time to grow independently and prepare to welcome a sibling.

Yet, raising children is never a solitary journey. The saying "It takes a whole village to raise a child" reflects my own experience. My husband's role has been vital, sharing tasks, responsibilities, and decisions so that our home becomes a place of cooperation rather than strain. Parenthood thrives when challenges are discussed openly, solutions are found together, and give-and-take becomes a daily practice.

Work-life balance is another cornerstone. As a professional, I have learnt to "switch on" and "switch off" between career and family, ensuring that I am fully present in both roles. Juggling responsibilities is inevitable, but with an open mind and heart, it becomes manageable.

For modern working mothers, my advice is simple: be not only a mother, but also a friend, a listener, and a constant companion. With thoughtful planning and a spirit of partnership, parenting becomes lighter and more joyful. When responsibilities are shared, and support comes from those around us, whether a spouse, family, or community, the journey of raising children is filled with resilience, love, and fulfilment.

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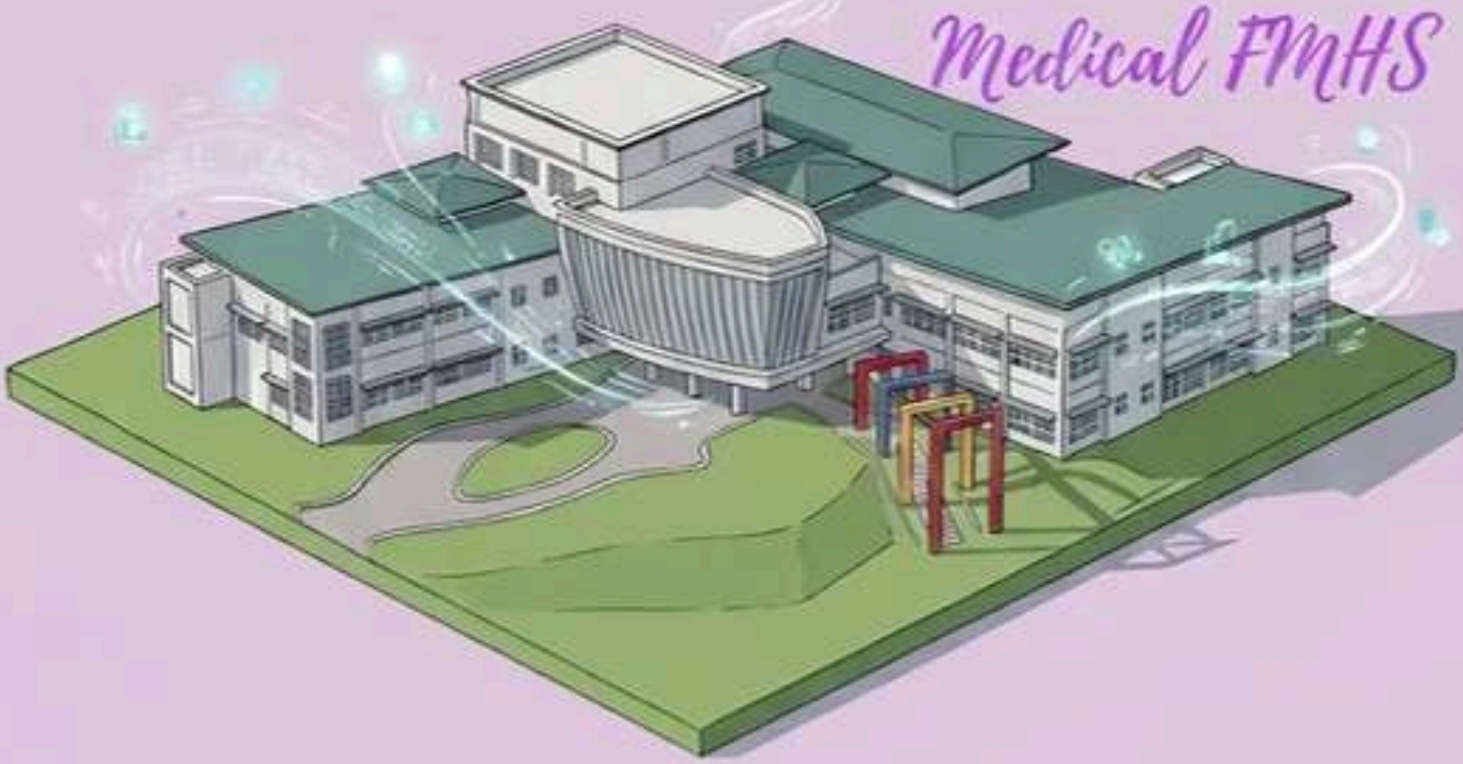
Medical FMHS



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