



Healthy Immune System Creates Healthy Children

Your child is born to learn and explore, but can his maturing immune system fight against various infections that come his way during his journey of discovery?

Sistem Imun Sihat, Anak Juga Sihat

Si manja anda dilahirkan untuk belajar dan meneroka, tetapi bolehkah sistem imunnya menentang segala jenis jangkitan sepanjang penerokaannya?

Everyday, your child is exposed to foreign invaders such as bacteria and viruses, whether at play, at school or at home, no thanks to the highly polluted world we're living in today. These small organisms can enter the body from the air, skin, or contaminated food and water. Some of these will be harmless, but others can cause serious illnesses.

Thankfully, your child's immune system is designed in a way that is capable of defending his body against attacks by these harmful invaders. Made up of a network of cells, proteins, tissues and organs, this protective mechanism does a wonderful job in keeping illnesses at bay.

Hence, the strengthening of your child's immune system is vital so that he will be fit to learn. However, taking into consideration that his immune system is still maturing, you have a greater responsibility to make sure that necessary measures are taken to ensure a healthier immune system.



Saban hari, anak-anak kita terdedah kepada serangan dari luar seperti serangan bakteria dan virus, sama ada semasa mereka bermain, di sekolah atau di rumah, memandangkan persekitaran hidup kita sekarang begitu tercemar. Organisma kecil ini boleh memasuki badan kita dari udara, kulit atau makanan dan air yang tercemar. Sesetengahnya tidak akan membawa mudarat, tetapi yang lain boleh menyebabkan penyakit serius.

Kita sebenarnya bernasib baik, kerana sistem imun anak-anak kita mampu mempertahankan badan mereka daripada serangan berbahaya ini. Mekanisme perlindungan yang terbentuk daripada rangkaian sel, protein, tisu dan organ ini menjalankan tugas yang menakjubkan dengan menjauhkan penyakit.

Justeru, usaha menguatkan sistem imun anak-anak kita amat penting supaya mereka sentiasa sihat untuk belajar. Bagaimanapun, memandangkan sistem imun mereka masih belum cukup matang, kita mempunyai tanggungjawab yang lebih besar untuk mengambil langkah yang perlu bagi memastikan sistem imun mereka lebih sihat.

Your child has three types of immunity:

Innate Immunity

Your child is born with natural immunity, a type of general protection that humans have. Innate immunity includes the external barriers of the body such as the skin and mucous membranes (such as those that line the nose, throat and gastrointestinal tract), which make up your child's first line of defence.

Adaptive Immunity

Your child also has a second kind of protection known as adaptive (or active) immunity. This type of immunity develops as your child is exposed to diseases. When an invader is detected, his immune cells recognise and respond to it by producing antibodies (proteins that recognise and target harmful bacteria and viruses, and help eliminate them from the body).

Passive Immunity

Passive immunity is acquired from another source and it lasts for a short time. For example, antibodies in a mother's breast milk provide a baby with temporary immunity to diseases the mother has been exposed to. This helps protect the baby against infection during his first months of life.

Si manja mempunyai tiga jenis imuniti:

Imuniti Semula Jadi

Si manja dilahirkan dengan keimunan semula jadi, sejenis perlindungan am yang dimiliki oleh manusia. Imuniti semula jadi termasuk sekatan luaran badan seperti kulit dan membran mukus (seperti yang melapisi hidung, tekak dan saluran gastrousus), yang membentuk barisan pertama pertahanan si manja.

Imuniti Aktif

Si manja juga mempunyai perlindungan kedua dikenali sebagai keimunan penyesuaian atau aktif. Imuniti jenis ini terbina apabila si manja terdedah kepada penyakit. Apabila diserang, sel-sel imun si manja akan mengesannya dan bertindak balas dengan mengeluarkan antibodi (protein yang mengenali dan menentang bakteria dan virus berbahaya, dan membantu menghapuskannya daripada badan).

Imuniti Pasif

Imuniti pasif diperolehi daripada satu lagi sumber dan ia hanya untuk jangka masa yang pendek. Sebagai contoh, antibodi dalam susu ibu memberi si manja keimunan sementara yang melindunginya daripada penyakit apabila ibu terdedah kepada penyakit. Ini membantu melindungi bayi daripada jangkitan pada bulan-bulan pertama hayatnya.

Get Your Child Vaccinated



Malaysian Paediatric Association

Datuk Dr Zulkifli Ismail
Immediate Past President,
Malaysian Paediatric Association
& Chairman, Positive Parenting
Management Committee

Mantan Presiden, Persatuan Pediatrik
Malaysia dan Pengerusi Jawatankuasa
Pengurusan Positive Parenting

Vaccinations are effective for protecting your child's body before a potentially deadly disease strikes. So says Consultant Paediatrician **Datuk Dr Zulkifli Ismail**, Immediate Past President of the Malaysian Paediatric Association (MPA) and Chairman of the Positive Parenting Management Committee. "The best time to immunise your child is when he is healthy. If you wait until he falls sick, it will be too late for the vaccine to work. By following the recommended immunisation schedule, your child will have the minimum protection against potentially serious infections," Datuk Dr Zulkifli says.

How do vaccines work?

A vaccine introduces small amounts of a killed or weakened virus, bacteria or parts of it into the body. It works by artificially triggering an immune response to a certain antigen, without actually causing illness. The immune system then responds to the inactivated viruses, leading to the production of antibodies against that virus.

"After your child has been vaccinated, if his body is attacked by the same type of virus as in the vaccine, the body's memory cells will kick in. This "immunity" to the virus has developed because it already has specific antibodies to fight the virus," says Datuk Dr Zulkifli.

How safe are vaccines?

According to Datuk Dr Zulkifli, vaccines are generally safe and do not cause any significant side-effects. "In certain cases, they may trigger minor reactions such as redness, swelling and soreness at the site where the shot was given, as well as fever. However, the protection provided by vaccines will definitely outweigh the minor discomfort that your child may experience," he says.

Vaksin Untuk Si Manja

Imunisasi adalah berkesan untuk melindungi badan si manja sebelum diserang penyakit yang boleh membawa maut. Inilah kata Pakar Perunding Pediatrik **Datuk Dr Zulkifli Ismail**, Mantan Presiden Persatuan Pediatrik Malaysia (MPA) dan Pengerusi Jawatankuasa Pengurusan Positive Parenting. "Masa paling baik untuk pemvaksin ialah bila si manja sihat. Jika anda tunggu hingga si manja jatuh sakit, masa itu adalah terlalu lambat untuk membolehkan vaksin bertindak dengan berkesan," kata Datuk Dr Zulkifli.

Bagaimana vaksin bertindak?

Vaksin memperkenalkan sejumlah kecil virus, bakteria atau sebahagian daripadanya yang sudah dibunuh atau dilemahkan, ke dalam badan. Ia bertindak dengan merangsang tindak balas imun secara tiruan terhadap antigen tertentu, tanpa benar-benar menyebabkan penyakit. Sistem imun kemudian bertindak balas terhadap virus yang tidak aktif dengan mengeluarkan antibodi untuk menentang virus.

It may be difficult for you to watch your child get a shot, but the short-term pain is nothing compared with the suffering that he might have to go through if he is ill with a disease such as measles. Talk with your doctor regarding the immunisation schedule and also additional "optional" vaccines that you may want your child to have.

Mungkin anda tidak sampai hati melihat si manja menangis bila diberi suntikan, tetapi kesakitan jangka pendek tidak membawa padah jika dibandingkan dengan penderitaan yang mungkin ditanggung jika anak anda diserang penyakit seperti campak. Dapatkan pandangan doktor tentang pengimunan yang diperlukan oleh si manja anda, serta vaksin opsyenal yang anda boleh berikan.

"Selepas imunisasi, jika badan si manja diserang oleh virus daripada jenis yang sama seperti dalam vaksin, badannya sudah membina imuniti terhadap virus itu kerana ia sudah mempunyai antibodi yang spesifik untuk menentang virus," kata Datuk Dr Zulkifli.

Adakah vaksin selamat?

Menurut Datuk Dr Zulkifli, vaksin adalah selamat dan tidak menyebabkan sebarang kesan sampingan serius. "Dalam kes tertentu, ia boleh mencetuskan reaksi-reaksi kecil seperti kemerahan, bengkak dan kesakitan di tempat suntikan vaksin diberikan, dan juga demam. Bagaimanapun, perlindungan yang diberi oleh vaksin pasti jauh lebih berbaloi daripada sedikit kerengsaan yang dialami oleh si manja," katanya.

Take Note of the Malaysian Immunisation Schedule

Semak Jadual Immunisasi Malaysia

Since the early 1950s, the Ministry of Health, Malaysia, has introduced an immunisation schedule and has been providing free immunisation services to our children to prevent certain major childhood diseases. Certain types of vaccinations are compulsory, while other optional vaccines are readily available in private practices across Malaysia.

According to **Dr Hussain Imam Muhammad Ismail**, Head of the Paediatric Department of Hospital Kuala Lumpur, vaccinations usually start from the moment your child is born and most of them are completed by the time he is six years old. (refer table below)

The Future of Vaccinations

“There have been vast improvements in the development and manufacture of vaccines over the past 20 years. Many cases of childhood diseases such as diphtheria, polio, measles and whooping cough have declined dramatically through worldwide vaccination programmes. Concurrently, new diseases such as the ongoing influenza A(H1N1) further confirm the significance of vaccines in controlling, and if possible, eradicating the disease,” says Dr Hussain.

Additionally, he also says that research and innovations for new and more effective vaccines are still ongoing to expand the role of vaccines. “Combination vaccines are one such innovation, which integrates two or more vaccines into a single shot. They are able to prevent multiple diseases with lesser shots than if each vaccine was administered separately. With these vaccines now available, much inconvenience is reduced,” he added.

Recommended Immunisation Schedule for Children / Jadual Immunisasi Disyorkan untuk Kanak-kanak Ministry of Health of Malaysia / Kementerian Kesihatan Malaysia

Vaccine / Vaksin	0 mth / bulan	1 mth / bulan	2 mths / bulan	3 mths / bulan	5 mths / bulan	6 mths / bulan	12+ mths / bulan	18-24 mths / bulan	6-7 yr / tahun	15 yr / tahun
BCG	1								Check	
Hepatitis B	1	2			3					
DTaP			1	2	3			4	DTaP	T/Td
Polio			1	2	3			4	5	
Hib			1	2	3					
Measles						1*				
MMR							1		2	

Measles*: monovalent measles vaccine for Sabah only / Campak*: vaksin campak monovalen untuk Sabah sahaja



Sejak awal tahun 1950-an, Kementerian Kesihatan Malaysia telah memperkenalkan jadual immunisasi tetap dan menawarkan perkhidmatan ini secara percuma kepada anak-anak

kita untuk mencegah penyakit tertentu yang biasa menjangkiti kanak-kanak. Sesetengah jenis vaksin diwajibkan, manakala vaksin-vaksin lain boleh didapati dengan mudah di klinik dan pusat rawatan swasta di seluruh Malaysia.

Menurut **Dr Hussain Imam Muhammad Ismail**, Ketua Jabatan Pediatrik Hospital Kuala Lumpur, jadual immunisasi dilaksanakan seurus selepas bayi lahir dan kebanyakan vaksin wajib akan disempurnakan apabila si manja mencapai usia enam tahun. (rujuk jadual di bawah)

Masa Depan Immunisasi

“Banyak kemajuan telah dicapai dalam perekaan dan pengeluaran vaksin sepanjang 20 tahun yang lalu. Program immunisasi sedunia telah mengurangkan banyak kes penyakit berjangkit kanak-kanak seperti difteria, polio, campak dan batuk kokol. Serentak dengan itu, penyakit baru seperti influenza A(H1N1) yang sedang menular sekarang, membuktikan pentingnya vaksin dalam usaha mengawal, dan jika boleh, menghapuskan penyakit,” kata Dr Hussain.

Di samping itu, beliau juga berkata bahawa penyelidikan dan inovasi vaksin baru dan lebih berkesan masih diteruskan untuk meluaskan peranan vaksin. “Vaksin kombinasi adalah salah satu inovasi, yang menggabungkan dua atau lebih vaksin dalam satu suntikan. Ia dapat mencegah berbagai penyakit serta mengurangkan bilangan suntikan berbanding jika setiap vaksin diberikan secara berasingan. Kombinasi berbilang vaksin ini dapat mengurangkan banyak kesulitan,” tambahnya.

Baby's Natural Protection

To help jump-start your baby's immune system, mothers are advised to breastfeed their child from the moment that they are born, says Consultant Paediatrician and Neonatologist, **Dato' Dr Musa Mohd Nordin**. Newborn babies and infants are fragile and are very susceptible to diseases, says Dr Musa, as their immune defences are still immature.

"Thus, breast milk, effectively the baby's first immunisation, provides the best protection for your child as it contains substances that help stimulate and develop the baby's immune system and protect him from infectious diseases," he added.

This headstart in its defences against a variety of microorganisms is due to the following reasons:



1. Immunologic factors

Colostrum, baby's first milk, is dense with antioxidants in the form of vitamin E and beta-carotene which protects baby from microbial invasion. It enhances bifidus flora in the gut, which prevents the growth of harmful bacteria and prevents the attachment of *E. coli* and similar bacteria to gut lining. Breast milk also contains various anti-infective factors that drastically reduce the incidence of diarrhoea, ear infections, bronchiolitis and other acute respiratory infections.

2. Better response to vaccines

Babies who have been breastfed respond better to common childhood vaccines like tetanus, diphtheria and *Haemophilus influenzae* type b conjugate vaccine. The antibody levels of immunised infants were significantly higher in breastfed infants compared with formula fed infants.

3. Protection from allergies

Various allergic syndromes are

associated with formula feeds due to an adverse immune response to the foreign proteins in milk formulas. The spectrum ranges from infantile colic, vomiting, diarrhoeal or bloody stools, malabsorption, eczema and wheezing.

4. Long term protection

There is strong evidence to show that breast milk protects against a variety of immune related diseases. This list includes protection against diabetes mellitus, Crohn's disease, ulcerative colitis, juvenile rheumatoid arthritis, lymphoma and multiple sclerosis.

"While immunologic defences are present at birth, they are not fully developed yet and will continue developing until the age of four or five." That is why, concludes Dr Musa, exclusive breastfeeding is without doubt a must in the first six months of a baby's life and breastfeeding should continue for as long as possible, up to 2 years.

Perlindungan Semula Jadi Bayi

Untuk menguatkan sistem imun si manja, ibu-ibu dinasihatkan supaya menyusukan bayi dengan susunya sendiri sejak saat mereka lahir, kata Pakar Perunding Pediatrik dan Neonatologi, **Dato' Dr Musa Mohd Nordin**. Bayi baru lahir dan anak-anak kecil mudah terdedah kepada penyakit, kata Dr Musa, kerana sistem pertahanan imun mereka masih belum matang.

"Oleh itu, susu ibu adalah imunisasi pertama bayi, yang memberikan perlindungan terbaik kepada si manja anda kerana ia mengandungi nutrien yang membantu merangsang dan membina sistem imun dan melindunginya daripada penyakit berjangkit," tambahnya.

Menurut Dr. Musa, permulaan yang baik kepada sistem pertahanan menentang pelbagai mikroorganisma ini adalah kerana sebab berikut:

1. Faktor imunologi

Kolostrum, susu pertama bayi, kaya dengan antioksidan dalam bentuk vitamin

E dan beta karotena yang melindungi bayi daripada serangan kuman. Ia meningkatkan flora bifidus dalam usus, yang menghalang pertumbuhan bakteria berbahaya dan menghalang *E. coli* dan bakteria lain melekat pada dinding usus. Susu ibu juga mengandungi pelbagai faktor perlindungan yang mengurangkan risiko cirit-birit, jangkitan telinga, bronkiolitis dan jangkitan salur pernafasan akut yang lain.

2. Tindak balas lebih baik kepada vaksin

Bayi yang diberi susu ibu mempunyai tindak balas yang lebih baik kepada vaksin yang diberi kepada kanak-kanak seperti tetanus, difteria dan vaksin konjugat *Haemophilus influenzae* jenis b. Tahap antibodi kepada vaksin yang diberi adalah jauh lebih tinggi di kalangan mereka yang menyusu ibu berbanding kanak-kanak yang diberi susu formula.

3. Perlindungan daripada alahan

Pelbagai sindrom alahan dikaitkan dengan susu formula, berpunca alahan

imun kepada protein asing dalam susu formula. Alahan ini menyebabkan kembung perut, muntah, cirit-birit atau najis berdarah, penghadaman terganggu, ekzema dan lelah.

4. Perlindungan jangka panjang

Terdapat bukti kukuh yang menunjukkan bahawa susu ibu melindungi bayi daripada pelbagai penyakit yang dikaitkan dengan masalah sistem imun. Ini termasuk perlindungan daripada kencing manis, penyakit Crohn, ulser kolitis, artritis reumatoid juvenil, limfoma dan sklerosis.

"Meskipun bayi mempunyai pertahanan imunologi sejak lahir, ia belum cukup matang dan akan terus diperkuat sehingga usia empat atau lima tahun." Itulah sebabnya, kata Dr Musa, pemberian susu ibu secara eksklusif dimestikan sepanjang enam bulan pertama hayat bayi, dan penyusuan ibu hendaklah diteruskan selama yang boleh, sehingga 2 tahun.



Malaysian Paediatric Association

Dato' Dr Musa Mohd Nordin
Paediatrician and Neonatologist
Pakar Perunding Pediatrik dan Neonatologi

Good Nutrition for Great Health

What your child eats can and will affect his immune system, as conveyed by nutritionist, **Associate Professor Dr Norimah A Karim**. She also says that both nutritional deficiencies and nutritional excesses can most definitely impair children's immune responses, especially when their immune systems are still immature, making them more susceptible to infections.

According to Dr Norimah, studies have shown that undernourished and obese children do in fact suffer from a higher risk of infectious diseases due to impairment of the immune system, which suppresses immune functions that are fundamental to host protection. She further explains that this occurs as a result of insufficient intake of energy and macronutrients as well as deficiency in specific micronutrients.

"Hence, it is important that parents pay more attention to their children's nutritional status for better immune competence," noted Dr Norimah.

Dr Norimah also reminds parents to feed their children with a varied diet according to the Food Guide Pyramid.

"Good nutrition will help determine the functioning of the immune system, so start taking action today to ensure that your child is well nourished."



Nutrition Society of Malaysia

**Associate Professor
Dr Norimah A Karim**
Honorary Secretary & Nutritionist
Setiausaha Kehormat &
Pakar Pemakanan

	Food sources that help boost immunity
Vitamin A	Red meat, liver, eggs, milk, cheese, yellow-orange coloured vegetables and fruits (e.g. carrots, mangoes, papaya)
Vitamin C	Fresh fruits and vegetables such as spinach, sawi, broccoli, guava and orange
Vitamin E	Vegetable oils such as corn oil, palm oil, wholegrains, liver, egg yolks, nuts and seeds
Zinc	Beans, nuts, wholegrain cereals, seafood, red meat and dairy products
Selenium	Nuts (Brazil nuts and walnuts), seeds, cereals, tuna and mushrooms

Pemakanan Yang Baik Menjamin Kesihatan

Apakah yang anak anda makan boleh dan akan mempengaruhi sistem imunnya, kata pakar pemakanan, **Profesor Madya Dr Norimah A Karim**. Menurut beliau, kekurangan zat makanan dan berlebihan zat makanan boleh menjejaskan tindakbalas imun si manja, lebih-lebih lagi apabila sistem imun mereka masih belum matang. Ini menjadikan mereka lebih mudah terdedah kepada jangkitan.

Menurut Dr Norimah, hasil kajian menunjukkan risiko penyakit berjangkit adalah lebih tinggi di kalangan kanak-kanak yang kekurangan zat makanan dan yang gemuk, kerana kecacatan sistem imun melemahkan fungsi imun yang sangat penting untuk memberi perlindungan. Beliau seterusnya menjelaskan bahawa ini berlaku disebabkan kekurangan pengambilan makanan yang membekalkan tenaga dan makronutrien, dan juga kekurangan mikronutrien tertentu.

"Oleh itu, adalah penting bagi ibu bapa memberi lebih perhatian kepada pemakanan anak-anak untuk menguatkan sistem imun mereka," katanya.

Dr Norimah juga mengingatkan ibu bapa supaya menyediakan diet yang lengkap dan seimbang untuk anak-anak mereka, mengandungi pelbagai jenis makanan seperti yang ditunjukkan dalam Piramid Panduan Makanan. "Pemakanan yang baik akan membantu menjamin sistem imun si manja berfungsi dengan baik. Jadi, bertindaklah sekarang untuk memastikan si manja anda mendapat khasiat makanan yang secukupnya."

	Sumber makanan yang membantu menguatkan imuniti
Vitamin A	Daging, hati, telur, susu, keju, sayur-sayuran dan buah-buahan berwarna kuning-oren (seperti lobak merah, mangga, betik)
Vitamin C	Buah-buahan dan sayur-sayuran segar seperti bayam, sawi, brokoli, jambu batu dan oren
Vitamin E	Minyak sayuran seperti minyak jagung, minyak sawit, bijian penuh, hati, kuning telur, kekacang dan biji-bijian
Zink	Kacang, kekacang, bijirin penuh, makanan laut, daging dan produk susu
Selenium	Kekacang (kacang Brazil dan walnut), biji-bijian, bijirin, tuna dan cendawan

A Happy Child is a Healthy Child



MMHA
Malaysian Mental Health Association

Dr Teoh Hsien-Jin
Consultant Clinical Psychologist
Pakar Psikologi Klinikal

If you ever wondered why your child often falls sick during exams, you may find the answer here. Consultant Clinical Psychologist, **Associate Professor Dr Teoh Hsien-Jin** says: "Evidence continues to mount that excessive stress and anxiety from various problems including exams pressure, bullying, parental conflict and/or separation, and overly harsh disciplining, can have negative effects on the immune system."

According to Dr Teoh, your child's body responds to stressors by activating the nervous system and certain hormones. These hormones will speed up your child's heart rate and breathing rate, which helps to enhance his ability to perform efficiently

under pressure. However, long-term stress will overwork the nervous system and reduce the capability of the immune system. As a result, one would see greater somatic and anxiety related medical problems. "In other words, stress is capable of lowering the ability of the immune system to fend off infections," he says.

To help keep stress under control, Dr Teoh has pointed out some useful guidelines that you may follow:

- **Have realistic expectations of your child's abilities.**
- **Try not to enroll your child in too many classes or activities.** If you find that your child is getting stressed out, consider cutting out an activity or two. Opt for the ones that are most important to him.
- **Make sure that your child gets a good night's sleep.** Getting enough sleep can help keep his body and mind fit and healthy, which enables him to deal with any stressors more efficiently.
- **Teach your child to breathe slowly and calm down whenever he feels stressed.** This will help him to stay relaxed and calm. You can also encourage him to make time for 'relaxing' activities such as reading, colouring, painting and spending time with his pet.
- **Make the effort and time to listen to your child.** Encourage him to express his worries and anxieties whenever he feels stressed.
- **Help your child find a solution** whenever he comes up to you with a problem. Always give him support. Remember not to push him away!

"Teaching your child to keep stress under control can certainly benefit him in the future, especially when he has to deal with greater stress. As he grows older, he may be better equipped to stay cool under pressure and be resilient even when faced with high levels of stress," says Dr Teoh.



Kanak-Kanak Ceria adalah Kanak-Kanak Sihat Sejahtera

Kalau anda pernah tertanya-tanya mengapa Kanak anda kerap jatuh sakit pada masa peperiksaan, anda boleh mendapat jawapannya daripada rencana ini. Menurut Pakar Perunding Psikologi Klinikal, **Profesor Madya Dr Teoh Hsien-Jin**: "Bukti yang nyata terus menunjukkan bahawa tekanan dan kebimbangan yang berlebihan berpunca daripada pelbagai masalah, termasuk tekanan peperiksaan, perbuatan membuli, pertikaian dan/atau perpisahan ibu bapa, dan disiplin terlalu ketat, boleh memberi kesan negatif ke atas sistem imun."

Dr Teoh menjelaskan bahawa badan si manja bertindak balas terhadap tekanan dengan mengaktifkan sistem saraf dan hormon tertentu. Hormon ini akan mempercepatkan denyutan jantung dan pernafasan si manja, dan membantu meningkatkan keupayaannya untuk memberikan prestasi yang baik apabila berada di bawah tekanan. Bagaimanapun, tekanan jangka panjang akan menyebabkan sistem saraf bekerja terlalu kuat dan mengurangkan keupayaan sistem imun. Akibatnya, kita akan

melihat banyak masalah somatik dan masalah yang ada kaitan dengan kebimbangan. "Dengan lain perkataan, tekanan mampu mengurangkan keupayaan sistem imun untuk menentang jangkitan," katanya.

Untuk membantu mengawal tekanan, Dr Teoh memberi beberapa garis panduan berikut:

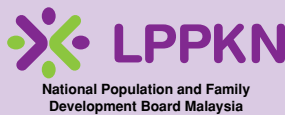
- **Tahap ekspektasi yang realistik;** jangan mengharapkan keupayaan yang terlalu tinggi daripada si manja anda.
- **Cuba jangan libatkan si manja dalam terlalu banyak kelas atau aktiviti.** Jika anda mendapati si manja terlalu tertekan, cuba kurangkan satu atau dua aktiviti. Pilih aktiviti yang paling penting kepadanya.
- **Pastikan si manja dapat cukup tidur.** Tidur secukupnya boleh membantu kecerdasan dan kesihatan badan dan minda si manja. Ini akan membolehkannya menangani sebarang tekanan dengan lebih cekap.
- **Ajar si manja untuk bernafas perlahan-lahan dan bertenang apabila merasa**

tertekan. Ini akan membantunya merasa relaks dan tenang. Anda juga boleh menggalakkan si manja meluangkan masa untuk aktiviti 'santai' seperti membaca, mewarna, melukis dan bermain dengan binatang peliharaan kesayangannya.

- **Luangkan masa dan berusaha untuk mendengar rintihannya.** Galakkan si manja meluahkan perasaan bimbang dan gundah apabila dia merasa tertekan.
- **Bantu si manja mencari penyelesaian** apabila dia meminta anda membantu menyelesaikan masalah. Sentiasa beri sokongan kepadanya. Ingatlah, jangan sekali-kali mengeneipkan si manja dengan apa cara sekalipun!

"Mengajar anak kita mengawal tekanan pasti memberi kebaikan kepada mereka pada masa hadapan, terutama sekali apabila mereka terpaksa menangani tekanan yang lebih berat. Apabila mereka besar, mereka lebih bersedia untuk bersikap tenang di bawah tekanan dan tabah bila menghadapi tekanan lebih berat," kata Dr Teoh.

Inspire Your Child to Stay Healthy and Active



Dr Anjali Doshi-Gandhi, Deputy Director General (Policy), National Population and Family Development Board Malaysia.
Timbalan Ketua Pengarah (Dasar), Lembaga Penduduk dan Pembangunan Keluarga Negara Malaysia.

Dr Anjali Doshi-Gandhi, Deputy Director-General (Policy), National Population and Family Development Board Malaysia, believes that working together as a family can most definitely help your child stay healthy. She says: "One of the things that you can do is to encourage the whole family to practise a healthy lifestyle, which helps keep the mind and body in tip-top shape, contributing to a healthier immune system in the long run."

On top of that, Dr Anjali also advises parents on setting a good example to their children by making the first step to change some of the 'bad' habits they have. She also addresses some of the important steps that you need to make in guiding your child towards a healthier life:

- **Make sure you prepare nutritious, well-balanced meals** for the whole family every day. Encourage everyone at home to eat adequate amounts of fruits and vegetables. A healthy diet helps maintain a strong immune system.
- **Encourage your child to drink plenty of water.** Up to 70% of your child's body is made

up of water. As such, his body needs adequate amounts of water to work efficiently every day.

- **Moderate exercise** can help enhance immune functions. So if possible, get everyone in the house to participate in at least one physical activity such as jogging, swimming, playing badminton or cycling. The most important thing is to show your child that exercising can be fun and let him try it on his own!
- **Do not expose your child to cigarette smoke.** Second-hand smoke can increase your child's risk of respiratory illnesses and expose him to toxins that can weaken his immune system and suppress immune cells in the long run.
- **Learn to laugh!** Laughter can help strengthen the immune system because it helps reduce stress hormones and increase immune cells. So try keeping the atmosphere at home light and cheery.

"Remember to take baby steps each day, and you will find that helping your child stay healthy is not so difficult after all," concludes Dr Anjali.

Galakkan Si Manja Jaga Kesihatan dan Sentiasa Aktif

Dr Anjali Doshi-Gandhi, Timbalan Ketua Pengarah (Dasar), Lembaga Pembangunan Penduduk dan Keluarga Negara Malaysia, percaya bahawa kerjasama sebagai satu keluarga pasti dapat membantu memastikan si manja anda sentiasa sihat. Katanya: "Satu daripada perkara yang anda boleh lakukan ialah menggalakkan semua anggota keluarga mengamalkan gaya hidup sihat, untuk menjamin kesihatan minda dan badan, dan membantu menguatkan sistem imun dalam jangka panjang."

Selain itu, Dr Anjali juga menasihatkan ibu bapa supaya menunjukkan teladan yang baik kepada anak-anak mereka dengan mengambil langkah pertama untuk menukar tabiat 'buruk' mereka. Beliau juga mencadangkan beberapa langkah penting yang anda boleh fikirkan untuk membimbing anak-anak ke jalan hidup yang lebih sihat:

- **Pastikan anda menyediakan sajian makanan yang sihat dan seimbang** untuk seisi keluarga setiap hari. Galakkan semua anggota keluarga makan buah-buahan dan sayuran secukupnya. Diet yang sihat membantu menguatkan sistem imun.
- **Galakkan si manja minum banyak air.** Sehingga 70% daripada badan si manja terbentuk daripada air. Oleh itu, badannya memerlukan air secukupnya untuk berfungsi dengan cekap setiap hari.
- **Senaman secara sederhana** boleh membantu meningkatkan kecekapan fungsi imun. Jadi, jika boleh, galakkan semua ahli keluarga supaya menyertai sekurang-kurangnya satu aktiviti fizikal seperti berjoging, berenang, bermain badminton atau menunggang basikal. Paling penting, tunjukkan kepada anak-anak bahawa bersenam adalah aktiviti yang menyenangkan dan biarkan mereka mencuba sendiri!
- **Jangan dedahkan anak-anak kepada asap rokok.** Asap rokok boleh menambah risiko anak-anak anda mendapat penyakit pernafasan dan mendedahkan mereka kepada toksin yang boleh melemahkan sistem imun dan merosakkan sel-sel imun mereka dalam jangka panjang.
- **Belajar ketawa!** Ketawa boleh membantu menguatkan sistem imun kerana ia membantu mengurangkan hormon stres dan menambah sel imun. Jadi, pastikan suasana di rumah anda sentiasa santai dan ceria.

"Ingatlah, ambil langkah kecil setiap hari, dan anda akan dapati bukan sukar untuk membantu anak anda sentiasa sihat dan riang gembira," kata Dr Anjali.





Make the Effort to Help Strengthen Your Child's Immunity

Although your child's natural defence system may already be in tip-top condition, he still needs a little boost from time to time, noted Datuk Dr Zulkifli Ismail.

"One of the most effective measures to help your child fight against certain diseases is vaccination. If your child has not been vaccinated, you may want to consider discussing with your doctor the types of immunisation that your child needs. Some infectious diseases are life-threatening, so please do not wait until it's too late," he says.

Besides getting your child vaccinated, it's also important to be aware of other measures that can influence your child's immune system, and take action immediately. "The simple things that you can do is to feed your child a nutritionally balanced diet everyday, encourage him to stay active, avoid exposing him to cigarette smoke and help him reduce stress," says Datuk Dr Zulkifli. As a parent, it is your responsibility to look after your child's overall wellbeing. Your love and care can certainly go a long way in enabling your child's body to fight harmful germs that he comes into contact with everyday.

Last but not least, your child deserves to enjoy a healthy life so that he can continue to play and learn well. "So do make the effort to take care of his needs and ensure that he thrives in a healthy and happy environment," he further emphasises. Rest assured that if he continues to be healthy and happy, he will most likely be able to achieve his full potential. **PP**

Anda Boleh Bantu Kuatkan Imuniti Si Manja

Sungguhpun si manja anda mungkin sudah mempunyai sistem pertahanan semula jadi yang kuat, dia tetap memerlukan sokongan dari masa ke masa, kata Datuk Dr Zulkifli Ismail.

"Satu daripada langkah paling berkesan untuk membantu anak-anak anda menentang penyakit tertentu ialah dengan mendapatkan imunisasi untuk mereka. Kalau mereka belum mendapatnya, anda boleh membincang dengan doktor tentang jenis vaksin yang diperlukan mereka. Seseengah penyakit berjangkit boleh mengancam nyawa. Jadi, jangan tunggu hingga terlalu lewat," katanya.

Selain imunisasi, anda juga perlu mengetahui tentang langkah lain yang boleh mempengaruhi sistem imun anak anda, dan mengambil tindakan segera. "Langkah mudah yang boleh anda ambil ialah memberi pemakanan yang seimbang kepada si manja anda setiap hari, menggalakkan mereka aktif, mengelakkan pendedahan kepada asap rokok dan membantu mereka mengurangkan tekanan," kata Datuk Dr Zulkifli. Sebagai ibu bapa, kita bertanggungjawab menjaga kesejahteraan anak-anak kita. Kasih sayang dan penjagaan yang sempurna dapat membantu badan mereka menentang kuman yang menjangkiti mereka setiap hari.

Akhir sekali tetapi tidak kurang pentingnya, anak-anak anda berhak mengecap nikmat hidup yang sihat agar mereka boleh terus bermain dan belajar dengan baik. "Jadi, berusaha untuk menjaga kepercayaan dan keperluan mereka, dan pastikan mereka dapat membesar dalam persekitaran yang sihat dan ceria," katanya. Percayalah, jika anak-anak anda terus sihat dan ceria, besar kemungkinan mereka akan dapat mencapai potensi penuh mereka. **PP**