

Expanding care for kids

Health Ministry mulls GP partnerships for child health screenings

THE Health Ministry is exploring the possibility of outsourcing certain child health screening and follow-up services to private general practitioners (GPs) to tackle persistent issues of malnutrition and stunting, particularly among low-income families.

Deputy Health Minister Datuk Lukanisman Awang Sauni said the ministry would review mechanisms to allow busy working parents to bring their children to nearby GP clinics for mandatory screenings, instead of relying solely on government health facilities.

"We are now studying whether certain ministry services can be outsourced, particularly for parents who are working and cannot bring their children for screenings or follow-ups during office hours," he told the Dewan Rakyat.

Lukanisman said allowing parents to take their children to GPs could ease access for families living far from government facilities.

Under the model being studied, he said GPs would conduct screenings, provide medical advice and channel cases requiring nutritional assistance back to



On the floor: Lukanisman responding to questions about health screenings for children. — Bernama

the ministry.

"We are reviewing existing programmes and updating them to see if it is appropriate for GPs to assist the ministry in conducting screenings," he said this in response to Datuk Mohd Shahar

parents enrolled in the First 1,000 Days of Life programme failed to attend follow-up appointments despite their children being identified as stunted.

The former deputy minister added that recipients of food baskets often skip check-ups due to work commitments, long distances to clinics or a lack of awareness of long-term consequences.

Mohd Shahar urged the ministry to share non-attendance data with local communities to strengthen support systems for vulnerable households, including poor families and those with special needs children.

To this, Lukanisman said the suggestion was timely and aligned with ongoing ministry reforms.

"This is a good proposal. We will obtain and share relevant data, similar to what we do under the Peka B40 programme.

"We will also work to obtain better data on parents who miss appointments so that we can identify and support them."

Lukanisman also said the ministry would refine the proposal further before presenting a detailed implementation framework.

Abdullah (BN-Paya Besar) who highlighted that Malaysia risks losing up to 3% of its future Gross Domestic Product due to malnutrition, citing World Bank estimates.

Mohd Shahar also said many

Kaji guna doktor swasta saring isu kekurangan zat

Inisiatif bantu ibu bapa berpendapatan rendah hantar anak dapatkan rawatan susulan

Oleh Noor Atiqah Sulaiman
nooratiqah.sulaiman@bh.com.my

Kuala Lumpur: Kementerian Kesihatan (KKM) memperibadikan untuk mengguna khidmat pengamal perubatan am (GP) bagi membuat saringan kesihatan terhadap kanak-kanak, sekali gus membendung masalah kekurangan zat makanan (KZM) dalam kalangan keluarga berpendapatan rendah.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sami, berkata inisiatif itu dicadangkan bagi membantu ibu bapa yang mempunyai kekangan masa menghantar anak mereka mendapatkan rawatan susulan.

"Kami sedang mempertimbangkan untuk melantik GP bagi melaksanakan beberapa perkhidmatan KKM. Contohnya, jika ibu bapa tidak dapat membawa anak mereka menjalani saringan atau pemeriksaan kesihatan pada waktu bekerja, mereka boleh membawa anak ke GP sebagai alternatif."

"Perkara ini dikaji dan diteliti dari segi kesesuaian, supaya GP boleh membantu KKM melaksanakan saringan dan memberi nasihat, seterusnya menyalurkan bantuan bakul makanan



kepada mereka yang mengalami masalah kekurangan zat," katanya di Dewan Rakyat, semalam.

Beliau berkata demikian bagi menjawab pertanyaan Datuk Dr Alias Razak (PN-Kuala Nerus) mengenai perancangan kerajaan meluaskan bantuan makanan sihat kepada kanak-kanak berusia tiga tahun ke bawah kerana kos pelaksanaan program pemakanan sihat untuk kumpulan itu jauh lebih rendah.

Peningkatan kes obesiti

Lukanisman berkata, KKM sedang berusaha untuk mendapatkan maklumat serta data bagi membantu mengenal pasti ibu bapa yang tidak hadir atau mempunyai masalah untuk melakukan saringan kesihatan pada tarikh ditetapkan.

Katanya, isu malnutrisi dalam kalangan kanak-kanak di negara ini kini bukan hanya KZM, malah membabitkan peningkatan kes obesiti akibat pengambilan makanan tidak berzat, yang semakin ketara dan memberi kesan kepada perkembangan serta kesihatan jangka panjang generasi akan datang.

"Namun, apa yang menjadi masalah kini, ibu bapa tidak membawa anak ini ke klinik. Maka ia menyukarkan KKM untuk mengagihkan bakul makanan dan juga memberi pandu-



Lukanisman pada sidang Dewan Rakyat, semalam.

(Foto BERNAMA)

an serta nasihat kepada mereka.

"Berikutan itu, KKM akan cuba untuk mendapatkan sokongan daripada Kementerian Ekonomi supaya kita dapat mempertimbangkan satu program yang lebih komprehensif berkenaan makanan sihat dan menjalin kerjasama antara kementerian dan juga industri yang ingin membantu menyumbang dalam program ini," katanya.

Dalam pada itu, Lukanisman berkata, buat masa ini pelbagai inisiatif dilaksanakan oleh KKM dalam membendung permasalahan berkenaan termasuk program di bawah Bantuan Makanan Sihat.

"Ia termasuk Program Pemulihan Kanak-Kanak Kekurangan Zat Makanan yang dikenali Program Bakul Makanan yang dilaksanakan sejak 1989 daripada Keluarga Miskin Tegar.

"Program ini menyasar kanak-kanak berusia enam bulan sehingga enam tahun yang me-

ngalami masalah KZM serta diperluaskan kepada kanak-kanak daripada keluarga miskin.

"Program Community Feeding pula adalah program bersasar kepada kanak-kanak Orang Asli di pedalaman dan kanak-kanak di Projek Perumahan Rakyat (PPR) berusia satu hingga enam tahun di lokaditi terpilih, iaitu tempat tertinggi masalah KZM.

"Kita juga laksanakan Program Bantuan Susu kepada kanak-kanak berusia enam bulan sehingga enam tahun daripada keluarga miskin tegar dan miskin yang berisiko mengalami masalah KZM," katanya.

Lukanisman berkata, KKM akan terus menambah baik program sedia ada, termasuk mempertingkatkan kolaborasi antara kementerian dan badan bukan kerajaan (NGO) serta memperkasakan program literasi pemakanan dalam kalangan komuniti bagi mempertingkatkan kesedaran terhadap pemakanan sihat.

GPs may conduct kids' malnutrition screening

THE Health Ministry may outsource child malnutrition screening and follow-up services to private general practitioners (GPs) to help curb malnutrition and stunting among low-income families. Deputy Health Minister Lukanisman Awang Sauni said the ministry was determining the suitability of the initiative. "If parents cannot bring their children for screening or check-ups during working hours, they may bring them to a GP instead," he said. "The ministry can then channel the food basket assistance to those with malnutrition issues."

Johor kekurangan 1,700 jururawat

Jurang gaji punca ramai berhijrah ke Singapura

Oleh NOR AZURA MD AMIN
ISKANDAR PUTERI

Kekurangan jururawat kini berada pada tahap membimbangkan terutama menjelang pembukaan beberapa fasiliti kesihatan baharu termasuk Hospital Pasir Gudang pada tahun hadapan.

Exco Kesihatan dan Perpaduan negeri, Ling Tian Soon berkata, negeri ini me-

rekodkan kekurangan 1,700 jururawat, manakala 64 jururawat meletakkan jawatan dari Januari hingga Oktober tahun ini atas pelbagai faktor.

"Memang ada berhijrah ke Singapura atau ke sektor swasta.

Sebahagian lagi kerana masalah kesihatan dan keluarga.

"Perbezaan gaji antara Malaysia dan Singapura kekal menjadi cabaran besar.

Jika mereka menerima RM2,000 hingga RM3,000, di Singapura mereka memperoleh jumlah yang sama dalam dolar Singapura. Jurangnya hampir tiga kali ganda," katanya.



TIAN SOON

Beliau berkata demikian ketika sidang akhbar selepas Mesyuarat Ketiga (Belanjawan 2026) bagi Penggal Persidangan Ketiga Dewan Negeri Johor ke-15 di Iskandar Puteri pada Isnin.

Tian Soon berkata, bagi menangani isu berkenaan, satu jawatankuasa khas ditubuhkan antara kerajaan negeri dan Kementerian Kesihatan Malaysia (KKM) bagi membincangkan isu berkaitan kesihatan, termasuk kekurangan sumber manusia dan penghijrahan jururawat ke Singapura.

"Memang kita berhadapan masalah kekurangan tetapi kalau kita nak jururawat, bukan hari ini

minta, esok boleh dapat.

"Pengambilan jururawat perlu melalui proses latihan dan juga peperiksaan Lembaga Jururawat Malaysia. Ia perlu melalui satu proses panjang," ujar beliau.

Menurutnya, situasi tersebut memerlukan perhatian serius kerajaan bagi memastikan perkhidmatan kesihatan di Johor tidak terjejas, khususnya di hospital dan klinik yang bakal beroperasi.

"Kerajaan negeri sebelum ini memberikan insentif RM100 kepada semua petugas kesihatan dan tahun ini kerajaan negeri meningkatkan jumlah kepada RM500 sebagai tanda penghargaan.

"Selain itu, peruntukan tambahan RM5,000 turut diberikan kepada setiap pantri di fasiliti kesihatan bagi memperbaiki

persekitaran kerja petugas," katanya.

Ujar Tian Soon, selain Hospital Pasir Gudang, beberapa fasiliti kesihatan baharu akan turut beroperasi antaranya Klinik Kesihatan Kota Tinggi.

Sementara itu, projek besar seperti Hospital Sultanah Aminah 2 (HSA2) dijangka siap dalam tempoh empat hingga lima tahun lagi.

"Justeru, kerjasama rapat dengan KKM amat penting supaya proses latihan dan pengambilan jururawat dapat dilakukan lebih awal. Bila bangunan siap, tenaga manusia juga mesti sudah bersedia.

"Saya yakin melalui kerjasama KKM dan komitmen kerajaan negeri, isu kekurangan jururawat di Johor dapat diselesaikan secara berfasa," ujarinya.



Masalah malnutrisi kini termasuk obesiti

Kuala Lumpur: Kementerian Kesihatan Malaysia (KKM) menegaskan isu malnutrisi dalam kalangan kanak-kanak kini bukan hanya membabitkan kekurangan zat makanan (KZM), malah turut membabitkan peningkatan kes obesiti akibat pengambilan makanan tidak berzat.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sauni berkata masalah itu dilihat semakin ketara dan memberi kesan kepada perkembangan serta kesihatan jangka panjang generasi akan datang.

“Namun apa yang menjadi masalah kini adalah ibu bapa ini tidak membawa anak-anak ini ke klinik. Maka ia menyukarkan KKM untuk mengagihkan bakul makanan dan juga

memberi panduan serta nasihat kepada mereka.

“Berikutan itu, KKM akan cuba untuk mendapatkan sokongan daripada Kementerian Ekonomi supaya kita dapat mempertimbangkan satu program yang lebih komprehensif berkenaan makanan sihat dan menjalin kerjasama antara kementerian dan juga industri yang ingin membantu menyumbang dalam program ini,” katanya dalam sesi soal jawab di Dewan Rakyat, semalam.

Beliau berkata demikian bagi menjawab soalan daripada **Datuk Dr Alias Razak (PN-Kuala Nerus)** mengenai masalah KZM dalam kalangan kanak-kanak di negara ini.

Dalam pada itu, Lukanisman berkata buat masa

ini pelbagai inisiatif dilaksanakan oleh KKM dalam membendung permasalahan berkenaan termasuk program di bawah Bantuan Makanan Sihat.

“Ia termasuk Program Pemulihan Kanak-Kanak Kekurangan Zat Makanan yang lebih dikenali sebagai Program Bakul Makanan yang dilaksanakan sejak 1989 daripada keluarga miskin tegar.

“Program ini menyasarkan kanak-kanak berusia enam bulan sehingga enam tahun yang mengalami masalah KZM serta diperluaskan kepada kanak-kanak daripada keluarga miskin.

“Program Community Feeding pula adalah satu program bersasar kepada kanak-kanak Orang Asli di pedalaman dan kanak-ka-

nak di Projek Perumahan Rakyat (PPR) berumur setahun hingga enam tahun yang berada di lokaliti terpilih iaitu tempat tertinggi masalah KZM.

“Kita juga melaksanakan Program Bantuan Susu kepada kanak-kanak berusia enam bulan sehingga enam daripada keluarga miskin tegar dan miskin yang berisiko mengalami masalah KZM,” katanya.

Oleh itu, Lukanisman berkata KKM akan terus menambah baik program sedia ada termasuk mempertingkatkan kolaborasi antara kementerian dan badan bukan kerajaan (NGO) serta memperkaskan program literasi pemakanan dalam kalangan komuniti bagi mempertingkatkan kesedaran terhadap pemakanan sihat.

Johor working to address shortage of 1,700 nurses

By YEE XIANG YUN

xiangyun@thestar.com.my

ISKANDAR PUTERI: Johor is facing a shortage of around 1,700 nurses, a gap the state government describes as a challenge but not a crisis.

Johor health and environment committee chairman Ling Tian Soon said the state currently has 29,731 healthcare workers, of whom 8,214 are nurses.

"There are 4,648 vacancies overall, though 2,547 of these posts have been filled with contract staff, bringing overall manpower coverage to about 92% to 93%.

"The biggest pressure point is staffing for Hospital Pasir Gudang (HPG), which is preparing for full operational readiness.

"However, the issue of nurse



Game plan:

Ling showing the number of vacancies in the public healthcare system in the state.

shortage is not unique to Johor – it is a national concern and every state is facing a shortage of nurses," he told reporters at the sidelines of the state assembly sitting at Kota Iskandar here yesterday.

Ling added that 64 nurses have left the public healthcare system between January and October

this year for various reasons, including migration to Singapore, health issues and family commitments.

"If they earn RM2,000 to RM3,000 here, they could be earning similar amounts in Singapore dollars, but it becomes higher after currency conversion.



"That is why we appreciate those who choose to remain in our public healthcare system despite this," he said, adding that the state government has allocated RM5,000 for every public healthcare facility pantry to improve their working conditions.

Ling said the state government has also proposed that the Health Ministry consider special incentive packages for nurses working in southern Johor, especially those near the Singapore border.

"I have raised this with the ministry, and the proposal is still being studied," he added.

To address manpower needs, a

state-federal task force was set up earlier to discuss health facility upgrades, preparations for HPG's operations and staffing needs for new projects, he said.

Ling said new healthcare facilities in the pipeline include the Kota Tinggi health clinic, Cendana health clinic, and the upcoming Hospital Sultanah Aminah 2, which is expected to be completed within the next four to five years.

He added that the state is working closely with the ministry to ensure early recruitment and training so that new facilities can be adequately staffed once completed.

While acknowledging the current strain, he stressed that the situation remains manageable and that emphasis should be put on preparing for future needs.

New health clinic with higher capacity in the works for Paya Jaras



Jamaliah: State will review issue of patient safety at current Paya Jaras Health Clinic.

SELANGOR Health Department is looking for a site in Paya Jaras to set up a new health clinic that can treat more patients.

State public health and environment committee chairman Jamaliah Jamaluddin said the site should measure between 1.6ha and 2ha for the facility.

"The Petaling district health and land offices are in the process of identifying a location around Paya Jaras Hilir (located in Sungai Buloh)," she said, adding that issues related to traffic congestion and a need for a new health clinic was raised in November last year.

"The current Paya Jaras Health

Clinic is a Type 4 (150-300 patients daily) health clinic," said Jamaliah, noting that an average of 183 patients daily was recorded in 2024.

She said this in reply to Datuk Dr Ab Halim Tamuri (PN-Paya Jaras) who appealed for a new and bigger health clinic in the area during the Selangor State Assembly sitting at Bangunan Dewan Negeri Selangor in Shah Alam yesterday.

He also asked for Rela (People's Volunteer Corps) officers to be stationed outside the current Paya Jaras Health Clinic to monitor traffic flow and assist vulnerable individuals

crossing the extremely busy Jalan Kuala Selangor.

"I have witnessed many pregnant mothers trying to cross the busy four-lane road to get to the clinic during peak hours.

"I have tried crossing it too; it is very dangerous," he added.

Jamaliah said the issue of stationing Rela officers for the health clinic had yet to be discussed as it would require additional monthly costs, but assured that she would relay his suggestion to the relevant government agencies.

"The state health department is aware that parking space constraints is one of the main chal-

lenges at this clinic. It can only accommodate five vehicles at a time.

"The clinic has provided a special route for dropping off and picking up passengers, since it has two entrances and exits."

However, Jamaliah said, increasing the number of parking bays was difficult because the clinic was surrounded by private houses and Malaysian Armed Forces barracks.

Apart from identifying suitable land for parking facilities, she said the department would work with Shah Alam City Council to ensure smooth traffic flow around the clinic.

JOHOR

Stories by NELSON BENJAMIN
and MOHD FARHAAN SHAH
metro@thestar.com.my

Johor sets out to empower its youth

Budget includes over RM150m for initiatives on education, leadership, skills enhancement

MORE than RM150mil has been allocated for 55 initiatives to empower Johor's youngsters in 2026.

Johor Mentri Besar Datuk Onn Hafiz Ghazi said the initiatives, under the "Orang Muda Johor" pillar, aimed to uplift the younger generation and prepare them to lead the state to a more prosperous and competitive future.

"The youth are the backbone of Johor's progress.

"This budget reflects our commitment to nurturing their potential, which is through education, opportunities and empowerment."

Onn Hafiz said this when tabling Johor Budget 2026 during the state assembly sitting at Bangunan Sultan Ismail in Kota Iskandar.

Among the key education initiatives, he said, was the "Back to School - School Uniform Assistance Programme" which will benefit 189,000 students from B40 and *asnaf* (hardcore poor) families with an allocation of RM28.8mil.

Another major initiative is "Johor Student Loan Scheme" which will provide RM18mil in financial assistance to 2,100 students from B40 families pursuing tertiary education.

"To bridge the digital divide, Johor will also distribute 5,000 laptops under the 'Johor Student Laptop Aid Programme', involving an allocation of RM13.56mil, while another RM9mil will be channelled to assist 10,000 students with their university registration fees," he said.

In a bid to produce globally competitive talent, Onn Hafiz announced the "Orang Muda Johor Scholarship" worth RM4.95mil for students pursuing



Onn Hafiz tabling Johor Budget 2026 during the state assembly sitting in Kota Iskandar. — Filepic

undergraduate studies at the world's top 20 universities.

"Johor will also continue supporting students in Islamic studies abroad through 'Dermasiswa Luar Negara Timur Tengah', benefiting 300 students in Egypt and Jordan with RM3.81mil in funding," he added.

The state has also allocated RM3mil for student loans in medical, dental and pharmaceutical fields abroad, and RM650,000 for the "Dato' Onn Memorial Scholarship".

"The state has set aside RM1.4mil to provide free bus rides during festive seasons for

Johor students studying within Peninsular Malaysia and flight ticket assistance for those in Sabah and Sarawak," he said.

Other allocations announced included RM2.52mil meal assistance for 12,000 Sijil Pelajaran Malaysia (SPM) students receiving tuition, RM2.2mil for the "SPM Academic Strengthening Programme" and RM15.72mil to continue upgrading Sekolah Rintis Bangsa Johor (SRBJ) under its second phase.

"The government has also earmarked RM12.8mil to upgrade Johor Skills campuses in Pasir Gudang and Kota Tinggi, along-

side RM4mil to enhance YPJ University College.

"Special needs students will benefit as well, with RM1mil allocated for schools catering to children with cerebral palsy."

Onn Hafiz said some RM5.4mil would support 931 *huffaz* (memorisers) through the "Incentive for Quran Memorisation" programme, while RM2mil would assist 20,000 *asnaf* students with religious school fees.

He said Johor Budget 2026 placed strong emphasis on youth leadership empowerment.

"Among the initiatives are RM2.45mil for the 'Southern Volunteers Programme', RM6.4mil for the 'Johor Youth Leadership Programme' and RM560,000 for the 'Johor Heritage Ranger' initiative.

"The state will also organise Johor Youth Day 2026 and 'Dewan Muda Johor' programme, each receiving RM500,000, to nurture civic awareness and political literacy among young people."

To strengthen youth governance, Onn Hafiz said RM300,000 had been allocated for the Johor State Youth Council, while RM200,000 would go towards supporting the Johor Student Leaders Council and RM100,000 was set aside for the Johor OKU Youth Council.


BH
Berita Harian

klassifieds
**DAPATKAN
NASKAH**
BH
Berita Harian

DI myNEWS
SAYUR PENYAMPAHAN

**ATAU STESAN MINYAK
DI LEMBAH KLANG**
www.1k.com.my
1300 808 123 (Tempatan)
+603 2299 6000 (Antarabangsa)


**IBU BAPA semestinya berusa
bantu untuk memilih antara menyusui
badan atau memberi susu formula.
Khususnya, bagi mereka yang baru
pertama kali meminum cahaya mata.**

Setiap ibu bapa tentunya ingin
memberikan yang terbaik untuk anak
mereka, termasuk dalam hal pemakanan
sejak lahir. Namun, keputusan ini tidak
selalu mudah kerana melibatkan
pelbagai faktor seperti kesihatan
ibu, gaya hidup, dan keperluan bayi
itu sendiri. Oleh itu, penting untuk
memahami kelebihan dan kekurangan
kedua-dua kaedah penyusuan ini
sebelum membuat pilihan yang sesuai.

Dari segi pemakanan, susu ibu
dianggap sebagai sumber nutrisi
terbaik untuk bayi. Ia mengandungi
keseluruhan sempukan antara protein,
lemak, karbohidrat, vitamin, dan mineral
yang diperlukan untuk pertumbuhan dan
perkembangan bayi. Selain itu, susu ibu
juga mengandungi antibodi semula jadi
yang dapat membantu bayi melawan
jangkitan dan penyakit, terutama
pada enam bulan pertama kehidupannya.

Melekatkan badan juga memberi manfaat
besar kepada ibu. Proses penyusuan
membantu mengecutkan
nifas selepas bersalin dan
mengurangkan risiko ibu
menghidap penyakit tertentu
seperti kanser payudara dan
kanser ovari.

Dari sudut emosi,
pola penyusuan badan
memainkan peranan
penting dalam membina
ikatan kasih sayang yang
mendalam antara ibu dan
bayi. Sentuhan kulit ke kulit
seperti menyusui bukan sahaja
memberikan kesenangan kepada
bayi, malah turut membantu
dalam perkembangan emosi dan
penguji mereka.

Walaupun begitu, penyusuan badan
bukanlah pilihan yang mudah bagi
semua ibu. Sesetengah ibu menghadapi
cabaran seperti kekurangan susu, bayi
tidak mahu menyusu, atau masalah
kenyamanan yang mengganggu mereka
daripada menyusukan anak secara
eksklusif. Di situasi ini, susu formula menjadi
alternatif yang sesuai dan praktikal.
Susu formula yang terdapat di pasaran

ini diformulasikan dengan nutrisi
penting seperti protein, zat besi, kalsium,
dan vitamin bagi memastikan bayi tetap
mendapat khasiat yang diperlukan untuk
tumbuhannya mereka.

Selain itu, susu formula termauklah
kemudahan bagi ahli keluarga lain
untuk turut serta dalam persediaan
bayi, kerana penyusuan tidak hanya
berterusan kepada ibu semata-mata.
Ia memberikan kepada ibu untuk
berhenti dan menyesuaikan diri dengan
tanggungjawab lain, terutama bagi ibu
yang bekerja. Namun, penyediaan susu
formula memerlukan perhatian yang rapi
terhadap susu dan puting perlu dibersihkan
dengan betul bagi mengelakkan jangkitan,
dan penyediaan susu mesti dilakukan
mengikut sukatan yang betul. Tambahan
pula, ibu untuk memberi susu formula
boleh menjadi agak tinggi dan mungkin
membelakangi sesetengah keluarga.

Jika dibandingkan, susu ibu adalah
pilihan terbaik dan lebih diutamakan
apa-apa sahaja kerana ia secara eksklusif.
Terdapat dengan kemudahan teknologi
masa kini yang memudahkan ibu
mengurus susu menggunakan alat
pengapam khusus. Namun, tidak semua
ibu berpeluang melakukannya. Oleh itu,
adalah penting untuk tidak menalar atau
menyalahkan mana-mana pilihan. Yang
paling penting ialah memastikan bayi
mendapat nutrisi mencukupi dan ibu
berada dalam keadaan fizikal serta emosi
yang baik.

Selengkapannya, sama ada
memilih untuk menyusui badan atau
memberi susu formula, setiap pilihan
mengumpul kelebihan dan cabaran yang
tersendiri. Penyusuan badan
memberikan kelebihan semula jadi yang
tidak ternilai, namun susu formula
juga memainkan peranan penting
bagi membantu ibu bapa yang tidak
dapat menyusukan anak sepenuhnya.
Yang paling penting, keputusan ini
harus dibuat berdasarkan situasi,
kelestarian, dan kemampuan keluarga
masing-masing tanpa tekanan daripada
mana-mana pihak. Apa yang lebih
utamanya ialah kasih sayang, perhatian,
dan pengajaran rapi yang diberikan
kepada si manja, kerana itulah yang
benar-benar membentuk kepribadian
dan ketahanan mereka sepanjang
membesar.

MENYUSU BADAN VS SUSU FORMULA

Apa Yang Terbaik Untuk Si Manja