



EARLY INTERVENTION PROGRAMME FOR INFANT & CHILDREN



HAPPY NEW YEAR

EIP
Early Intervention Program
DEC 2017
MBI
Menteri Besar's Initiative



UJIAN PENILAIAN KANAK-KANAK

Ujian Penilaian sambungan dari sesi ketiga dan keempat telah dijalankan pada 17 September 2017, 22 Oktober 2017 dan 26 November 2017. Ujian ini turut melibatkan pasukan penilai yang sama dengan sesi pertama dan kedua iaitu pakar pediatric (perkembangan kanak-kanak), pakar linguistik klinikal dan pasukan ahli sains terapi kesihatan bersekutu daripada pelbagai disiplin bidang serta seorang pakar motivasi.

Penglibatan sukarelawan pula terdiri daripada kakitangan MBI Selangor, Persatuan Taska Negeri Selangor (PTNS) dan pelajar-pelajar Occupational Therapist daripada UiTM, Puncak Alam.



EIP MENERIMA LAWATAN DATIN SERI SHAMSIDA TAHARIN, PENGERUSI PEKAWANIS

Ujian penilaian Early Intervention Programme (EIP) untuk kanak-kanak 0-6 tahun, anjuran MBI Selangor dan Persatuan Taska Negeri Selangor, di Perpustakaan Tun Raja Uda Seksyen 13 telah menerima lawatan Datin Seri Shamshida Taharin, Pengurus Pertubuhan Kebajikan Dan Amal Wanita Selangor (PEKAWANIS) pada 26 November 2017.

Beliau yang juga merupakan isteri YAB Dato' Menteri Besar Dato' Seri Mohamed Azmin Ali telah mendapat penerangan dari Zannifa Azura Ahmad, Pengarah EIP dan Ketua Pegawai Kewangan MBI Selangor, sebelum mengadakan lawatan ke Ujian Penilaian yang sedang berlangsung.

Program EIP dianjurkan untuk mengenalpasti perkembangan kanak-kanak dan ditumpukan untuk keluarga berpendapatan rendah agar boleh mendapat khidmat pakar secara percuma.



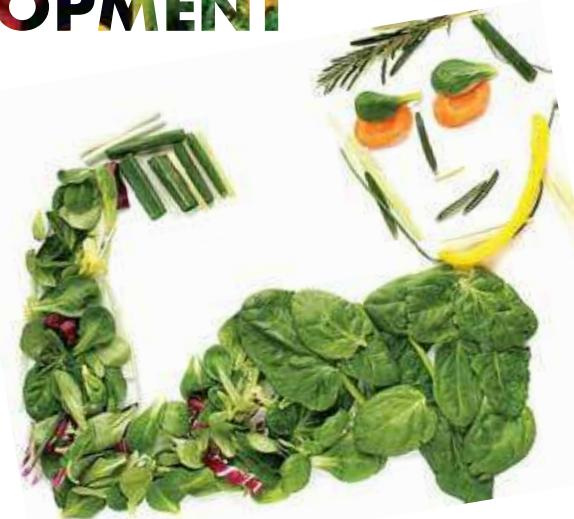
BENGKEL SMART PARENTING

Sesi Smart Parenting @ EIP 7.0 2017 telah diadakan pada 8 Oktober 2017 yang bertempat di Dewan Sri Siantan, Kuala Selangor. Program yang berlangsung telah di hadiri seramai 140 orang peserta yang terdiri daripada kalangan ibu bapa dan pendidik di Kuala Selangor.

Manakala sesi Smart Parenting @ EIP 8.0 dan EIP 9.0 2017 pula telah dianjurkan pada 5 November 2017 dan 3 Disember 2017 bertempat di Daerah Sabak Bernam dan Sepang. Bilangan peserta berjumlah pada 200 bagi kedua-dua sesi yang terdiri daripada kalangan ibubapa dan pendidik daripada daerah tersebut.

THE IMPORTANCE OF NUTRITION IN EARLY CHILDHOOD DEVELOPMENT

by Anna Chulack, 11th Sep 2016



We all instinctively know from birth that food is essential to our own survival. Studies show that a nutritious diet will make your child healthier and better able to learn.

Children can be picky eaters. For many parents, picturing a toddler stubbornly throwing a piece of broccoli to the floor in disgust is easy – after all, it's an all too familiar scene. However, tiring it might be, it's important that you find ways to convince your child to eat that piece of broccoli, as studies show that having a balanced and nutritious diet directly impacts all aspects of a child's growth and development.

Why is Nutrition so Important for Children?

The relationship between nutrition, health and learning is undeniably strong: **nutrition is one of the three major factors that impact a child's development.** As genes and environment are the other two factors, eating a certain food cannot guarantee that your child will be smarter, although my mother did successfully teach (trick?) me to eat fish when I was little for that very reason. Nevertheless, research studies show that nutrition in a child's early years is linked to their health and academic performance in later years..

Nutrition and Health

However, you might personally define it, "a child's early years" begin before birth when it comes to nutrition. Under-nutrition during pregnancy stunts foetal growth and can lead to poor brain development that result in irreversible chronic illnesses. Under-nutrition of a breastfeeding mother will likewise negatively impact a child's

development, especially in the first 6 months when breast milk is all he/she is consuming. For all soon-to-be and new mothers, it's worth making sure you're consuming a healthy and balanced diet full of the vital nutrients that both you and your child need: carbohydrates, protein, calcium, iron and vitamins A, C and D. Although at first glance this list seems overbearing, realistically you probably consume most of these nutrients already – it's just about following proportions, which the eat well plate helps to illustrate.

Is it really that important for children to be consuming all of the above nutrients though? The short answer: **yes**. The benefits of good nutrition to health are endless, but the following few conclusions made by researchers serve to prove my point. Firstly, breastfeeding by mothers following nutritious diets leads to fewer and less severe cases among their children of illnesses including diarrhoea, ear infection and bacterial meningitis. This is because better-nourished children have an enhanced natural ability to fight infection. Secondly, since iron is a vital component of brain tissue, iron deficiency makes nerve impulses move slower and may cause permanent damage to a child's brain, especially in the first two years of his/her life; iron deficiency during this time is linked to behaviour changes and delayed psychomotor development.

However, too much iron also presents problems. As my mother wisely often tells me, "the key is to find the middle way". Thirdly, under-nutrition has been proven to decrease a child's activity levels, social interactions, curiosity and cognitive functioning. Although parents everywhere probably harbour the wish that their child wasn't quite so hyperactively jumping on their bed at 6am, good nutrition remains a must.

Nutrition and Academic Performance

It seems bizarre to think that what your child consumes at, say, 4 months will affect their learning ability years later. Research has proven this true. Throughout their early childhood, it's important to monitor your child's nutrient intake for the sake of their later performance. For instance, breastfeeding appears to lead to higher IQ, while iron deficiency correlates with reduced cognition and achievement at school age. More obviously to the layman, since under-nourished children get sick more often, they miss more school and fail to keep up with peers. Research has made the link even clearer: school-age children who eat breakfast do better in tests than those that go without.

"Eat up please"

When there's work to go to, bills to pay and dishes to wash, getting your child to eat what they don't want to (especially when doing so might cause a much-dreaded tantrum) is oftentimes the least of your worries. But it's critically important. Following nutrition guidelines is relatively straightforward during pregnancy, as well as at the start of your child's life. When your child starts to form likes and dislikes, my advice to you is to accept preferences but continue to introduce new foods by making silly faces and playing peek-a-boo until you hear that giggle and see your toddler happily putting the spoon into their mouth themselves. Persevere. I promise he/she will thank you one day.

Link source :

<https://novakdjokovicfoundation.org/importance-nutrition-early-childhood-development/>





SPIN-OFF PROJECTS

Pada **14 Oktober 2017** dan **21 Oktober 2017** telah berlangsungnya Spin-Off Project bertempat di Institut Darul Ehsan dan Kediaman Rasmi Menteri Besar Selangor, Shah Alam. Seramai 70 orang dan 300 orang peserta masing-masing yang terdiri daripada kalangan ibubapa dan pengasuh serta guru-guru pra sekolah.

Panel jemputan yang terlibat adalah terdiri daripada :-

- o **Hajah Mahanom Basri (Pakar Industri Kanak-Kanak)**
Peranan Pendidik & Ibu Bapa dalam Pembangunan Perkembangan Kanak-Kanak.
 - o **Dr Juriza Ismail (Pakar Perkembangan Kanak-kanak, PPUKM)**
Perkembangan Awal Kanak-Kanak.
 - o **Dr Catur Setio Wargo (Pensyarah Pendidikan Awal Kanak-Kanak)**
Bagaimana Pendidik & Ibu Bapa Membuat Intervensi Awal kepada Kanak-Kanak.
 - o **Puan Cheoh Siew Tin (Mantan Ketua Jururawat, KKM)**
Mengurus & Mengendali Kanak-Kanak Berkeperluan Khas.

Pada **11 November 2017**, **2 Disember 2017** dan **16 Disember 2017** pula, Spin-Off Project juga telah diadakan bertempat di Institut Darul Ehsan dan kampus Unisel, Bestari Jaya, melibatkan seramai 100 orang dan 70 orang peserta bagi setiap program masing-masing yang terdiri daripada kalangan ibubapa dan pengasuh serta guru-guru pra sekolah.

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-Kepelbagai Keistimewaan Kanak-Kanak dan Cara Pendidik Memainkan Peranan.
-Bagaimana Pendidik & Ibu Bapa Membuat Intervensi Awal kepada Kanak-Kanak.
 - o **Puan Cheoh Siew Tin (Mantan Ketua Jururawat, KKM)**
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Nor Asnah dan Abdul Razak

Nurzarinah dan Hallaj

TEMUBUAL BERSAMA IBU BAPA, AHLI TERAPI DAN SUKARELAWAN

EPIC kali ini merangkum komen dan pandangan ibu bapa yang menyertai program EIP untuk mengetahui sendiri perkembangan dan prestasi tumbesaran anak-anak mereka.

Temubual pertama bersama pasangan suami isteri, **Nor Asnah** dan **Abdul Razak** yang membawa anak lelaki mereka ke Early Intervention Program (EIP) pada 22 October 2017 yang lalu.

Menurut Nor Asnah, "Saya sertai program ni untuk mengetahui perkembangan anak saya sama ada dia memerlukan bantuan yang lebih mendalam mahupun sebaliknya. Program ni sangat bagus dengan kerjasama semua pihak termasuk ahli terapi, doktor pakar kanak-kanak yang pada kebiasaanya memerlukan modal yang besar untuk menggunakan perkhidmatan mereka, namun melalui program anjuran MBI Selangor ini, kami dapat membawa anak berjumpa sendiri dengan pakar dan mengetahui apakah langkah yang perlu di ambil untuk anak saya."

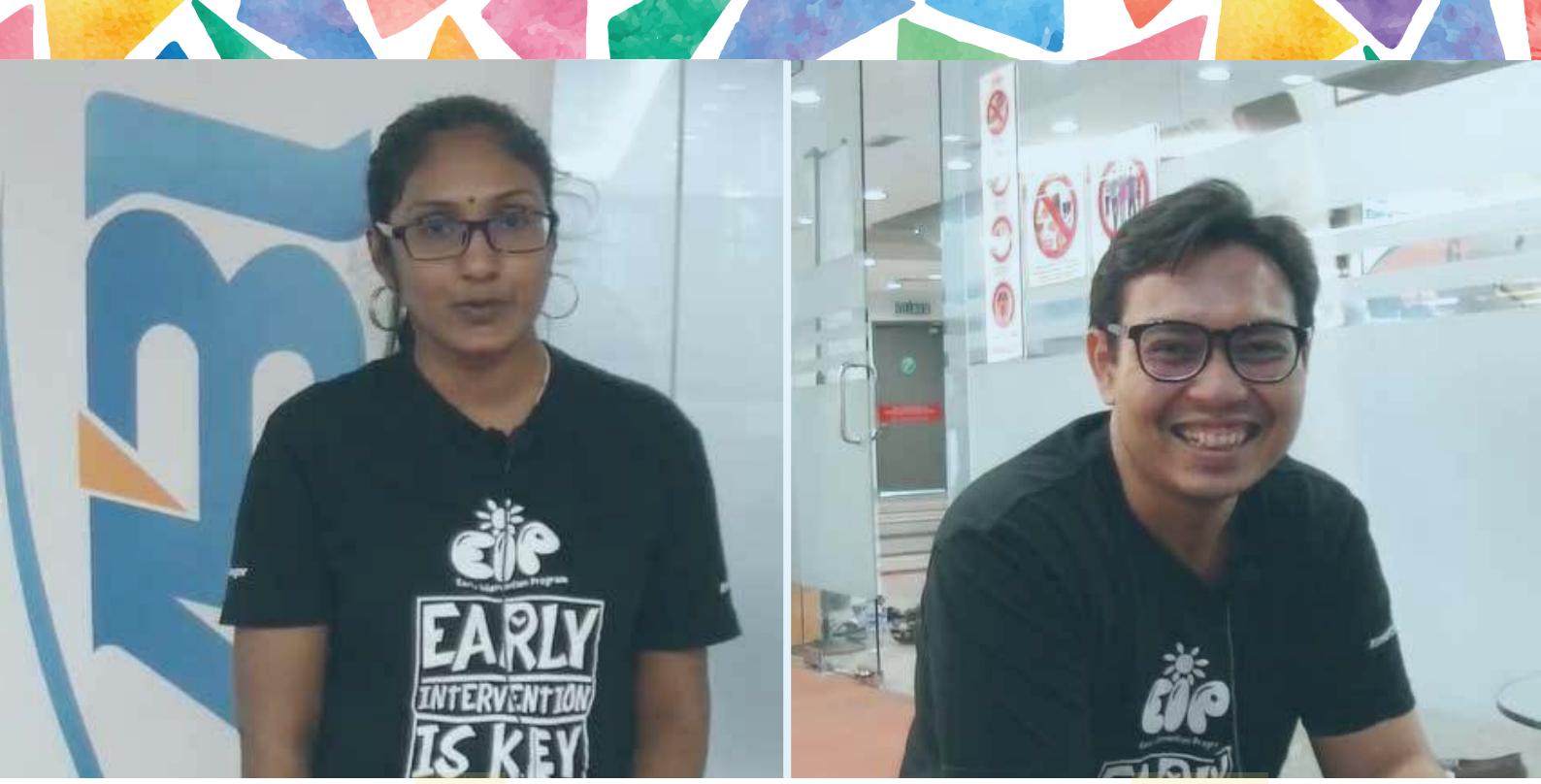
Tambahnya lagi, beliau tidak mahu melepaskan peluang menyertai program EIP memandangkan ianya adalah program terakhir pada tahun ini.

"Saya juga mengajak adik saya menyertai program ini memandangkan anaknya juga mengalami masalah yang sama seperti saya," ujarnya.

Abdul Razak pula menambah "dalam banyak-banyak negeri, hanya Selangor yang ada program sebegini. Saya dapat melihat perbezaan program yang di anjurkan di negeri Selangor dibandingkan dengan negeri lain. Program ini juga sangat bagus untuk masyarakat kita dan saya sangat menyokong jika program sebegini diteruskan di masa-masa akan datang."

Kami juga bertemu **Nurzarinah**, ibu kepada 3 orang anak. Menurut beliau, "Saya mempunyai masalah perkembangan setiap anak yang berbeza. Anak ketiga saya mengalami masalah perkembangan dari segi percakapan. Saya dapat tahu program ini melalui guru taska dan guru PIBG. Selain itu, saya dapat peluang mendaftar melalui online, dan dapat beberapa informasi yang berkaitan. Saya tahu program sebegini jika di luar kosnya adalah amat tinggi, jadi saya berharap program ini disebarluaskan kepada lebih ramai orang supaya lebih ramai ibu bapa mendapat manfaat yang sama untuk anak mereka" ..

Hallaj, suami kepada Norzarina pula berpendapat "EIP perlu disebarluaskan lebih meluas melalui Facebook dan juga Youtube. Saluran tersebut yang boleh memberi nasihat, penambahbaikan yang di salurkan melalui Youtube akan memberi lebih pemahaman kepada para ibu bapa dan membuatkan mereka lebih peka mengenai informasi-informasi yang berkaitan dengan lebih mudah dan meluas."



Kalai

Mustakim

Ahli fisioterapi dari UKM, Cheras, **Kalai** pula berkata, pada permulaan kanak-kanak akan dinilai melalui moto kasar iaitu keupayaan tertentu dan juga kemahiran kanak-kanak. Sebagai contoh, kanak-kanak yang berumur 3 tahun, jika lewat perkembangan mereka dari segi percakapan mahupun beberapa faktor lain, pemeriksaan lebih lanjut perlu dibuat kepada mereka untuk mengetahui sama ada adakah perkara tersebut normal mahupun sebaliknya.

Ujian awal atau 'early screening' dijalankan untuk mengenal pasti sama ada kanak-kanak tersebut melepas tahap yang sepatutnya dan bagaimana cara untuk beri kanak-kanak tersebut rawatan susulan yang sepatutnya jika mereka dikenalpasti mengalami masalah yang dinyatakan.

Mustakim, yang menyertai EIP sebagai sukarelawan berkata, "Saya dah menyertai program ini sebanyak dua kali tapi saya hanya datang separuh hari. Bagi saya program ini membantu orang awam terutama ibu bapa yang tahu anak mereka mengalami masalah tetapi tidak tahu langkah sepatutnya yang perlu mereka ambil."



Dee Hussin (far left) with the other volunteers

INTERVIEW WITH SPEECH THERAPIST - VOLUNTEER

Meet **Dee Hussin**, 24 year-old and fresh graduate from the University of Queensland. She graduated with a degree in Speech Pathology in 2016 and has been working at Urbane Ethos for approximately 10 months.

Dee said, "I have experience working with both the adult and paediatric population. I have a particular interest in the development of literacy in children and helping them with school readiness. I believe that these children are our future and helping them achieve their goal would be the most rewarding experience."

1. What made you join our programme?

Dr. Norizan, the director of Urbane Ethos encouraged me to participate in MBI Selangor's programme. I was excited to be a part of the programme as giving back to the community is a big part of me. Being able to extend my services to the people of our state is truly a liberating experience.

2. What do you think about the programme?

The programme is definitely a good initiative put forward by the state of Selangor. It definitely creates awareness and guidance for parents, who have difficulty accessing services that we are able to provide for them. Research has shown almost 100% increase in the need for speech therapy services, specifically in the paediatric population in Malaysia. The purpose of this programme addresses this particular issue we face as a community and serves as a great step forward in developing a better future for the children in need.

3. Based on your expertise, would you mind sharing any tips for parents to help their kids (with developmental delay)?

Tips for communication :

- Talk to your child everyday - Talk to them during meal time, during bath time, when they are getting ready or even in the car. This would help expose them to the different things around them and also helps them understand the world.
- Acknowledge your child and their attempts to communicate - Make sense of the sounds they make and have a conversation with them. This teaches them how to interact with others.
- Give your child the opportunity to communicate - Always observe, wait and listen.
- Have fun! A child's job is to play, so make it a fun experience for them. Use fun sounds, for example, "Weee!" "Ooooh!" "Yay!"

4. Your wish for the programme?

My wish for this programme is to expand to other states and increase more awareness to help the children of our future.

PROGRAM YANG TELAH DIANJURKAN

BENGKEL SMART PARENTING @ EIP 2017

TARIKH	KUMPULAN SASARAN	BIL. PESERTA
19 Februari	Perpustakaan Raja Tun Uda, Shah Alam	200 orang
12 Mac		250 orang
16 April		100 orang
14 Mei	Bukit Beruntung Golf & Country Club	100 orang
6 Ogos	Anjung Rahmat, Hulu Langat	100 orang
10 September	Bandar Baru Banting, Kuala Langat	90 orang
8 Oktober	Kuala Selangor	140 orang
5 November	Sabak Bernam	100 orang
3 Disember	Sepang	100 orang
JUMLAH KESELURUHAN		1,180 orang

UJIAN PENILAIAN KANAK-KANAK

TARIKH	KUMPULAN SASARAN	TEMPAT
26 Februari	Perpustakaan Raja Tun Uda, Shah Alam	15 orang kanak-kanak
26 Mac		
23 Julai		
27 Ogos		20 kanak-kanak satu sesi
17 September		
22 Oktober		
26 November		
JUMLAH KESELURUHAN		135 orang kanak-kanak

PROGRAM SPIN-OFF

TARIKH	KUMPULAN SASARAN	BIL. PESERTA
29 April	Institut Darul Ehsan	80 orang
20 Mac	De Palma Inn, Shah Alam	90 orang
6 Jun	PKNS, Shah Alam	50 orang
17 Jun	Institut Darul Ehsan	60 orang
26 Julai	MPK	80 orang
29 Julai	Gombak	50 orang
12 Ogos	Dewan E-Library, MPK	150 orang
19 Ogos	NU Sentral, Kuala Lumpur	Tiada rekod
20 Ogos	RUANG, Shah Alam	300 orang
27 September	MBPJ	85 orang
28 September	MBSA	300 orang
12 Mac	Perpustakaan Raja Tun Uda, Shah Alam	250 orang
14 Oktober	Institut Darul Ehsan	70 orang
21 Oktober	Kediaman Rasmi Menteri Besar Selangor	300 orang
11 November	Institut Darul Ehsan	70 orang
2 Disember	UNISEL, Kampus Bestari Jaya	100 orang
16 Disember	Institut Darul Ehsan	70 orang
JUMLAH KESELURUHAN		1,855 orang

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