

Protect against germs

GERMS are invisible and harmful, and can live on our hands for up to 24 hours depending on the type.

Therefore, it is important to establish good personal hygiene at home, in the workplace and in school to prevent germs from making you or your loved ones ill.

Pureen Antibacterial Wipes are specially formulated with proven antibacterial ingredients to kill 99.9% of germs that can cause illness.

Did you know that these are the few common objects on which germs may thrive?

- > Mobile phones
- > Remote controls
- > Switches
- > Door knobs
- > Computer/laptop keyboards
- > Shopping trolleys

Exposure to germs is unavoidable and it is easy for germs on your hands to be transmitted into your body. Therefore, make sure that you sanitise your hands with Pureen Antibacterial Wipes to stay protected.

The wipes are also suitable to be used before preparing food, before and after eating, after using the toilet, changing a diaper, handling



Pureen Antibacterial Wipes are specially formulated with proven antibacterial ingredients to kill 99.9% of germs. They are also enriched with soothing natural aloe vera and cucumber extracts that protect your skin.

animal or animal waste, touching the dustbin or any dirty surface.

Young children's immature immune system makes them more susceptible to diseases than adults.

Cold and flu, hand, foot and mouth disease and diarrhoea are the common contagious infections among children.

Unseen germs are easily spread through unsanitised hands. Teach your children to cover their mouth and nose with a tissue when they cough or sneeze, and to sanitise their hands using Pureen Antibacterial Wipes to reduce the risk of spreading germs to others.

When your children take part in

outdoor activities such as sports, camping or going to the playground, take Pureen Antibacterial Wipes along to keep their hands clean.

Pureen Antibacterial Wipes are made of soft, thick and moisturised cottony material that cleans your skin gently. They are formulated with mild ingredients and are free of alcohol, paraben and fragrance.

Pureen Antibacterial Wipes are also hypoallergenic and dermatologically tested, and proven not to induce skin irritation or allergic reaction when used on sensitive skin.

Besides that, Pureen Anti-



bacterial Wipes are enriched with soothing natural aloe vera and cucumber extracts that protect and care for your skin. It leaves the skin smooth, moisturised and fresh after each use.

With Pureen Antibacterial Wipes' reliable protection that kills 99.9% of germs, it keeps you and your loved ones clean and healthy.

Look out for Pureen Antibacterial Wipes in leading hypermarkets, supermarkets, departmental stores, medical halls and pharmacies nationwide.

■ For more details, go to www.pureen.com.my

Safety on wheels

LEARNING to ride a bicycle is a part of most childhoods. However, head injuries are the most common and often most serious injury sustained on bikes, in-line skates, scooters and skateboards. Thus, wearing a helmet should be a habit for all regardless of age.

It's important that the helmet be fitted to each person. If purchasing a helmet for a child, take the child along. A child may be more likely to wear a helmet if they pick it out and it's fitted properly. If a child takes part in more than one wheeled sport, choose a multi-sport helmet. Also, wear protective gear such as elbow and knee pads, gloves, helmets and wrist guards.

Many bicycle crashes and injuries can be prevented by following road safety rules:

- > Stop before riding into traffic from a driveway, sidewalk, parking lot or other street.
- > Look left, right and left again to check for cars.
- > If the road is clear, enter.
- > Ride on the far right of the road with traffic.
- > Obey all traffic signals and stop signs. — Mayo Clinic News Network/TNS



Poor bowel movement? Poor digestion? Aim to improve overall health?

BIOGROW
Probiotics
KIDS
Powder

Benefits of Biogrow Probiotics KIDS Powder

Promote growth of beneficial gut bacteria

Improve bowel movement

Improve digestive and gut health

Healthy Guts for Healthy Kids!

ONE sachet daily to restore the balance of kid's gut microbiota

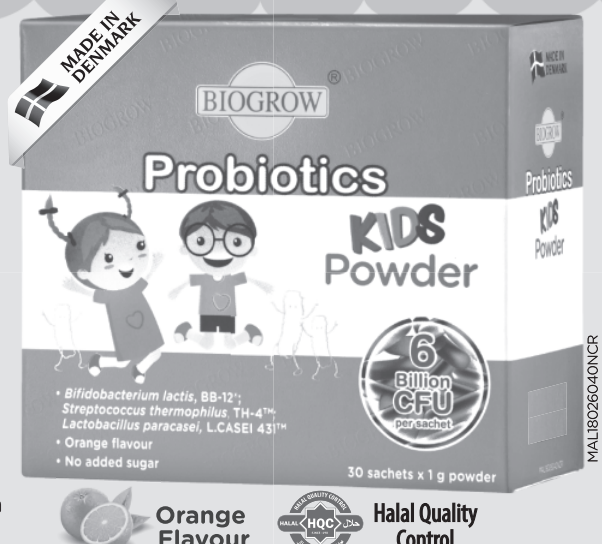
6 Billion CFU
6 Billion CFU per sachet (1g) formulated specially for growing kids

CLINICALLY TESTED
3 clinically tested probiotics strains

Contains 500mg of inulin (prebiotic)

No added Sugar

No refrigeration is required



Available in all leading pharmacies nationwide.

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Company No.: 199301029457 (284196-H)
Infoline: 03-7956 2220 (Mon - Fri : 9am - 5pm)
Email: info@biogrow.com.my | Website: www.biogrow.com.my

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Lot 6, Jalan 19/1, 46300 Petaling Jaya, Selangor.

For more information,
please visit Biogrow website:
www.biogrow.com.my



High-strength probiotics supplement for kids

THE human gut consists of a complex community of microorganisms known as the gut microbiota. A kid's gut microbiota is more susceptible compared to an adult's as kids are born with a sterile intestinal tract – gut microbiota will only start to develop after birth through environmental interaction.

This early establishment of gut microbiota may be easily disrupted by factors such as formula feeding, use of antibiotics and environmental cleanliness. When the balance is disrupted, it can cause digestive disorders to arise.

Probiotics are live microorganisms which, when administered in adequate amounts, confer a health benefit on the host. Clinical studies have shown that introducing probiotics to growing kids can help improve their bowel movement and restore the balance of gut microbiota.

Biogrow Probiotics KIDS Powder is specially formulated for growing kids, particularly those with poor bowel movement and poor digestion, and to improve overall health.

It is made in Denmark and contains six billion CFU (colony-forming unit) per 1g sachet with three clinically tested probiotics strains. The three probiotics strains have been clinically tested to promote the growth of beneficial gut bacteria, improve bowel movement as well as improve the digestive and gut health of children.

Biogrow Probiotics KIDS Powder is suitable for all kids above one year old.

Just take one sachet orally or mix the powder with a small amount of room temperature water or milk to get the



Biogrow Probiotics KIDS Powder is specially formulated for growing kids, particularly those with poor bowel movement and poor digestion.

clinically tested gut health benefits your kids need.

Healthy guts for healthy kids

- > One sachet daily to restore the balance of your kid's gut microbiota
- > Six billion CFU per 1g sachet
- > Three clinically tested probiotics strains:
 - Bifidobacterium lactis, BB-12
 - Streptococcus thermophilus, TH-4
 - Lactobacillus paracasei, L. CASEI 431

- > Contains 500mg of inulin (prebiotic) to support the growth of probiotics in the gut
- > With orange flavour
- > No added sugar
- > No refrigeration is required
- > Certified halal by Halal Quality Control

This is a supplement product advertisement.

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Getting your children organised

SOME children are born with a natural bent for order and routine, while others are born with a free spirit and need some coaching to help their lives run more smoothly.

Learning organisational skills can help family life run more efficiently and reduce friction when it comes time to do homework or keep their rooms clean.

Below are tips to help your kids be more organised and responsible with their time.

- 1) Track family activities on a family calendar. Go over the next day's activities at dinner the night before. Encourage children to consult the calendar before asking if they can add an activity.
- 2) Use daily checklists to keep track of chores, homework or instrument practice. This will also help kids learn to prioritise.
- 3) Assign chores that involve sorting like laundry or emptying the dishwasher.
- 4) Have kids prepare what they will wear the night before and lay everything out. This includes packing their backpack for school and making lunches.
- 5) Use plastic containers to organise closets so that everything has its own place.
- 6) Use a folder system to store homework notes and old assignments to make studying for mid-terms or finals easier.
- 7) Establish a homework routine. Set a time and place that is conducive for studying to help your child create a system that works for him.
- 8) Include your children when cooking or baking. Have them follow the recipe and use measuring cups to measure out ingredients. Explain why a recipe will fail if the measurements are not accurate. — Kinsights/Tribune News Service

Pureen* Antibacterial WIPES

Protecting You & Your Family from GERMS

- Kills **99.9%** of Germs
- Hypoallergenic and Dermatologically Tested
- Free of Fragrance, Parabens and Alcohol
- Fortified with Natural Aloe Vera and Cucumber Extracts
- Extra Moist

Digital Devices

Remote Control

Light Switch

Shopping Trolley

Stroller

Highchair

COMMON GERMY OBJECTS THAT YOU TOUCH

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Please visit www.pureen.com.my for more information.

Instilling clean and healthy eating habits

YOUR child needs to develop healthy eating habits to carry with them as they grow. Most parents have had plenty of experience with toddlers' dramatic pronouncements about what they will or will not eat.

The good news is that most kids end up getting enough of whatever it is they need to run around all day long. But that does not mean we should let our children eat nothing but the white food group.

Children need a variety of food – fruits, vegetables, protein, and yes, an occasional cookie. Here are some ways to help children get a more balanced diet:

- > Give your children plenty of choices, but no "yes or no" possibilities. Offering beans or peas is better than asking if they want beans.
- > Next time you are at the grocery store, let your children pick a fruit or veggie no one in the family has had before.
- If there is a food your children dislike, such as broccoli, do not push it. Instead, choose a nutritious replacement such as

Children need to develop healthy eating habits to carry with them as they grow.

creamed spinach (but you will probably have to call it something other than spinach).

- > Juice contains a lot of sugar, so stick with mostly water or milk. When you do serve juice, make sure it is 100% and dilute it by adding water.
- > Insist that your children try two bites of everything – even new food. When they learn it is a firm rule, they will eventually get used to the idea. — Tribune News Service

Learning the language of parenting

THE old adage that "practice makes perfect" never seems more true than when it is applied to parenting. A commonly shared keen observation is how a first child in a family is cared for differently from how the following children are raised.

Constant surveillance of every move child No.1 makes is replaced with a baby monitor for child No.2. And with the arrival of child No.3 and onward, the overly cautious steps are no longer taken and the constant vulnerability is replaced with a firm sense of confidence created but the actual parenting practice that varies from child to child.

If you merely experience parenting, you could limit yourself to having just a biological link to your child and providing their basic needs. But you would not fully embrace the practice of parenting and learn that the rules of engagement change for each child.

If we approach parenting the same way as learning a language, we can save ourselves undue frustrations by merely embracing the life exercise thrust upon us and realising that we will never master parenting.

But we will be almost "native speakers" of the language of parenting by knowing that, indeed, practice makes perfect. Or at least as perfect of a parent as one can be. — Tribune News Service