

BE A MAMIL EXPERT



Moms Connect – Your Personal Resource for Your Child’s Gut Health
Connect with Malaysian moms and experts to share advice and tips,
and the joy of motherhood. Featuring: Mamil Careline Advisors.



Getting Started

Having a child is both a blessing and a lifelong responsibility, and Mamil understands that managing your child’s changing nutritional and physical needs can be overwhelming. This is why the Mamil Moms Connect programme was born – to create a welcoming community of mothers where moms like you can always find a friendly ear when you have questions about child’s gut health and other health topics.

How Moms Can Participate

Mothers love to hear from other mothers and Mamil seeks to provide an avenue for all mothers to connect and learn from one another... and from a reliable and credible source of information, not just any hearsay.



In this programme, you will:

- be able to help other mothers who may be facing similar problems that you have gone through.
- receive exclusive invitations and information from Mamil about products and events.

Putting the Spotlight on Constipation

Almost everyone gets constipated at some point in their lives and it is a common condition amongst children. Prevalence of constipation in children ranges from 0.7% to 29.6%.

However, although it’s commonly experienced, constipation is poorly understood.

Constipation refers to difficulty or inability to experience regular bowel movement. As a result, the stool becomes compacted and attempts to poo can be painful, resulting in straining and even bleeding.

Constipation is described as a delay or difficulty experienced during defaecation that is present for two or more weeks.

Believe it or not, your child’s poo will also tell you a lot – and we will explore more of this in the next issue of our Mamil Ask an Expert Toolkit.

The key thing for mothers to understand is that ‘regular’ bowel movement is different in every child, says Jacki Siew, a registered nurse and certified midwife who shares advice for moms as a Mamil Careline Advisor. Some young children may poo several times a day while others only once every other day, so it’s important for mothers to observe what the norm is for their child.

How Mamil Helps

One of the factors that plays a role in constipation is your child's gut health. The gut environment needs good bacteria to stay healthy.

In order to maintain a good level of gut-friendly bacteria, Mamil contains prebiotics such as long-chain fructo-oligosaccharides (lcFOS) and galacto-oligosaccharides (GOS) which are food for good bacteria.

In this way, Mamil with GOS/lcFOS (9:1) helps to maintain a good intestinal environment, which contributes towards a healthy digestive system that can:

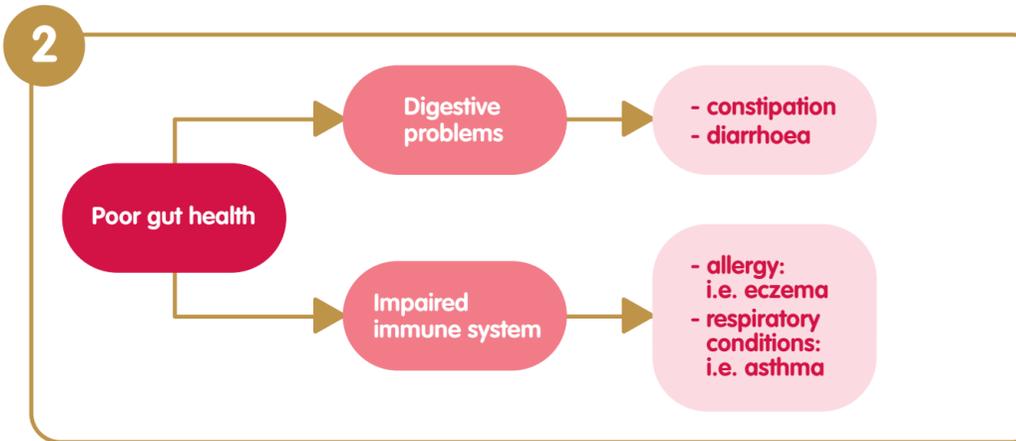
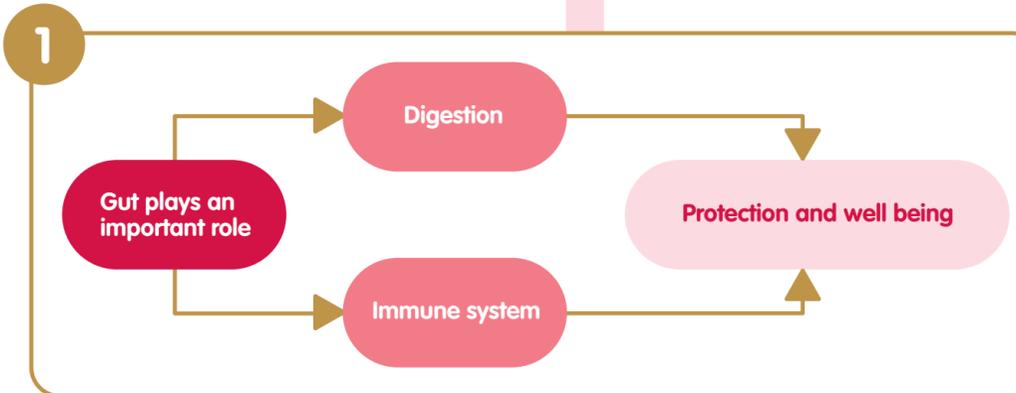
- absorb nutrients more effectively
- increase good bacteria
- reduce the growth of harmful bacteria
- and promote softer stools for easier bowel movement.

Did You Know?

The Mamil Careline receives more than 3,000 requests every month in the form of telephone calls, emails, facebook messages and live chats from mothers asking about common children's nutritional issues, including:

- digestive issues like constipation and lactose intolerance
- respiratory conditions such as asthma
- skin problems such as rashes and eczema

Why Gut is Important?



Expert Tip!

Mamil Careline Advisor Georgina Liew, a mother of three, finds that many mothers worry about constipation if their child has not passed motion for one day. Her advice?

Warning signs to look out for: if your child is experiencing hard stools in combination with outward signs such as straining and blood-stained diapers or underwear.

"Be observant of your child's bowel habits."
- Georgina Liew, experienced mom.



Want To Know More?

Reach out to the Mamil Careline Advisors – a group of eight qualified and experienced individuals who understand what it means to be a loving, hands-on mom. Get in touch with them via email, telephone, Facebook message, or LiveChat.

Tel: 1800 38 1038
Website: www.mamil.com.my
Facebook: Dumex Mamil