

# HOW SHOULD I HELP OTHERS WHO ARE HAVING A HARD TIME



## Moms Helping Moms through Hard Times

Sometimes, moms just need to speak to other moms. Here's how you can do this, with help from Mamil®!



### Building Relationships

Studies show that a social network is important for emotional health<sup>1</sup>, and who needs this more than moms? After all, moms have lots of shared experiences that other moms will understand. What's more, one mother's personal insights and customised solutions are often helpful for other moms too.



## Spreading the Word

Whenever moms get together, there's only one topic that dominates the discussion – their kids of course! Specifically, moms talk about what works and what doesn't, so Mamil® moms are wonderful advocates when it comes to sharing their child's experiences.

Thankfully, with social media it's so easy for moms to share their experiences, both good and bad! You can do this in many different ways – through Facebook, Twitter or Instagram, or directly on the Mamil® Facebook page and Mamil® website.



In this way, you could be helping another mom whose child may be experiencing digestive discomfort. What's more, by bringing more moms into the Mamil® community, you can play a role in bringing a wide range of experiences into the group and enriching the community.

# What Mamil® Moms Say

When moms share experiences and how they get through the hard times with their child, one mom's testimony can strike just the right chord and remind other moms that they're not alone.

"My family thought I was not doing enough for my boy's condition and with all the pressure on me, I was on the verge of a breakdown. Switching to Mamil® was a great decision. I only wish I'd done it sooner."

- *Lafirah*



"My daughter would cry and cry whenever she went to the toilet. But when she tried Mamil® I could see an improvement. She became more cheerful and lively, more willing to spend time with me! I feel like I can give myself 9 out of 10 points for being a good mother!"

- *Fui San*

Many others are observing the difference in their children's gut health after trying Mamil®. To read and view more experiences from other moms, check out the Mamil® website's Real Moms Say or tell other moms your story on the Share Your Experience page!

# Why Moms (and Their Kids) Love Mamil®!

Mamil® growing up milk formulas caters for two different age groups that helps to provide different nutritional needs at every stage of their life and support children's overall growth and development:

- Mamil® Learning for children 1-3 years old
- Mamil® Active for children 4-9 years old

Mamil® contains an internationally patented prebiotics oligosaccharide mixture of galacto-oligosaccharides and long-chain fructo-oligosaccharides GOS/lcFOS (9:1), which helps maintain a good intestinal environment



Mamil® contains the highest level of DHA compared to other growing up milk formulas currently available in the market\*



Mamil® contains 0% sucrose



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](http://www.mamil.com.my)  
Facebook: Dumex Mamil

\*Mayo Clinic, Stress Management. 'Social support: Tap this tool to beat stress', <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/social-support/art-20044445>

\* Compared to other growing up milk brands in the market as of August 2015 (Mamil® Learning DHA content, 81mg per day)