



## Growing Beyond Height: Nurturing Healthy Growth, Learning & Development

[In conjunction with the 47<sup>th</sup> Annual Congress of the Malaysian Paediatric Association]

### Event Details

-  Saturday, 31 October 2026
-  2:30 PM – 6:00 PM
-  Sheraton Hotel Petaling Jaya
-  Suitable for parents with young children

### Event schedule

| TIME                         | SEGMENT                                                                                                                                                                                                                                                                                                     |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2.30pm                       | Registration                                                                                                                                                                                                                                                                                                |
| 2.30pm – 6.00pm<br>(ALL DAY) | Health Screening & Interactive Children's Activities                                                                                                                                                                                                                                                        |
| 3.20pm – 3.30pm              | Opening & Welcome Remarks                                                                                                                                                                                                                                                                                   |
| 3.30pm – 3.55pm (25 mins)    | <b>Talk 1: Support Your Child's Growth Starts from The First 1,000 Days</b><br><i>Learn how breastfeeding and early nutrition help lay the foundation for healthy growth and development.</i><br>Speaker: Dr Rakhee Yadav, Consultant Paediatrician                                                         |
| 3.55pm – 4.20pm (25 mins)    | <b>Talk 2: Does My Child Having Learning Difficulties?</b><br><i>Helping parents make sense of ADHD and specific learning difficulties and knowing when early intervention matters.</i><br>Speaker: Assoc Prof Dr Subhashini Jayanath, Consultant Developmental Paediatrician                               |
| 4.20pm – 4.40pm (20 mins)    | <b>Tea Break</b>                                                                                                                                                                                                                                                                                            |
| 4.40pm – 5.05pm (25 mins)    | <b>Talk 3: Raising Children with Developmental Differences: Practical Strategies for Home &amp; School</b><br><i>Discover practical strategies to support your child's learning difficulties, behaviour and daily routines.</i><br>Speaker: Dr Rajini Sarvananthan, Consultant Developmental Paediatrician. |
| 5.05pm – 5.30pm (25 mins)    | <b>Talk 4: Growing Well: Understanding Child Growth, Height Concerns &amp; When to Seek Help</b><br><i>Understand what influences your child's growth, height concerns, and how to support healthy development.</i><br>Speaker: Prof Dr Muhammad Yazid Jalaludin, Consultant Paediatric Endocrinologist     |
| 5.30pm – 5.55pm (25 mins)    | Expert Panel & Q&A Session                                                                                                                                                                                                                                                                                  |
| 5.55pm – 6.00pm              | Closing Remarks                                                                                                                                                                                                                                                                                             |