

## Book Review 'Satu Kehidupan Bermula' (Malay Version)



### Uqbah Iqbal\*

Faculty of Social Sciences and Humanities, UKM Bangi Selangor, Malaysia

Submission: October 10, 2018; Published: November 14, 2018

\*Corresponding author: Uqbah Iqbal, Faculty of Social Sciences and Humanities, UKM, Bangi Selangor, Malaysia.

**Keywords:** Nestle products, Pregnancy, Weight loss, Rapidly growing, Strength, Breastfeed, Pharmaceuticals, Bioavailability drug,

### Opinion

Written by Nestle, this book is expected to provide readers with principles to be guided by which every mother who wants her child to grow healthy will find it useful to practice. By following all the pictures and lessons contained in this book, readers will learn in an easy way the key rules of modern child care. The reader's confidence and concern should be devoted to all Nestle products contained in this book. Careful execution and regular controls are given during its production to ensure full security. Do not be readers based on fate or customs that are outdated about matters relating to the baby's baby care. Ask a doctor at a health center, midwife or nurse when there are problems with the baby's health or in breastfeeding. A thoroughly calm mother will be awarded with a healthy baby and show signs of satisfaction. As soon as the mother gets signs of pregnancy, they should go to the doctor for their safety and the baby to be born. During pregnancy especially after the fifth month, see the doctor again. It will determine whether the child is still alive and whether it will be born in good condition. At the Health Center, doctors and midwives will also help mothers make all the preparations for the birth of the baby. They will advise on issues related to the daily work of a mother, recommend a meal for the months before the delivery and also when the mother will take care of the baby.

Doctors, midwives and nurses will also make a determination that future mothers will be in good health. Among other brands will make blood and urine tests. Certain diseases such as tuberculosis, typhoid fever and turtle fever can be determined and treated. In this way the mother will be able to stay away from the disease from infecting the baby to be born. In this book the reader

will follow the progress of a young mother who takes her new role seriously and execute it carefully and successfully. Follow all the instructions on the pictures and as this housewife, the reader will be a perfect mother. Since the time the baby is born, it must be given a healthy care. If readers are at home, since this initial care is very important, this will be done by a specialist of either a doctor or midwife. Then the reader will take care of the baby himself. Do not forget to bring your child to a doctor or nurse at the Health Center. There the readers will receive the necessary instructions on how to best take care of them. Weight loss of the baby will be weighted during each treatment and its weight graph will show the reader whether it grows well. Mother's milk is for babies and made special for her. The milk is adjusted to the weak system and adds to its ability to survive.

The task of a healthy mother is to breastfeed her as far as she can in the first six months after she was born. After six months, milk alone is insufficient, and the baby will need other foods because at this time it is rapidly growing and requires strength. First of all, make sure the baby not only accepts breast milk after one year of age. To supply a baby with very healthy milk, eat vegetables, fruits, meat, fresh eggs, fish and rice, good food and more as much as you want. Also drink fresh water, milk and fresh fruit. Stay away from eating spicy and spicy foods, tea, coffee, cigarettes and liquors. Do not take any medicine without consulting your doctor. There's probably no enough milk to feed their babies. In this case bottles of milk must be given in addition to the food. The doctor or midwife will inform the mother how much milk they should give in addition to the food. The bottle must also replace the mother's milk if the mother falls ill.



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DOI: [10.19080/MABB.2018.04.555630](https://doi.org/10.19080/MABB.2018.04.555630)

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