



CARING FOR OUR *Treasured Ones*

It is my great pleasure to welcome Zhi Ying to the *SMA News* team and with her being the youngest doctor (I'm guessing here!) on the Editorial Board, I think it is most fitting for her to be my co-editor for this month's themed issue on children.

We were all children once and all of us have had interactions with children in some ways or another

I have many fond memories of my primary school's Children's Day celebrations. As kids, we eagerly looked forward to this special day each year, where our teachers showered us with all kinds of gifts. Best of all, the Children's Day school concert was always a festival of arts put up *by* the children *for* the children.

As I was penning the Editorial this Mid-Autumn Festival, children carried brightly lit lanterns around our neighbourhood under the full moon, filling the air with their peals of laughter. I would have loved to join them, if not for the fact that I'm way past that age. Nevertheless, I had great fun lighting my very own traditional lanterns in the comfort of my house (who says adults cannot relive childhood fun?). How I missed those carefree days!

Hence, it is my great pleasure as the Guest Editor of the October issue of *SMA News* to bring you through the many articles centred on children and childhood.

For our Feature article, we are privileged to have Prof Doris Young from the University of Melbourne offer her insights into adolescent health,

— be it bringing up our own, playing with your friends' kids, looking after paediatric patients, or maybe just glaring at a misbehaving child on a plane! Whatever the circumstances, children impact us (and our future). We, as the adults in their lives, will definitely have a significant impact on them. Thus, remember to look after them, teach them well and teach them right.

a topic many of us find unfamiliar yet commonly encountered in our day-to-day clinical practice.

Talking about the field of paediatrics, what would be better than to hear from our paediatric colleagues themselves? We are delighted to have Prof Ho Lai Yun and A/Prof Marion Aw share with us their joys and challenges working with young patients.

For some, childhood may be a daunting and even traumatic experience, especially for victims of family violence. Here, Dr Tan Su-Ming and Ms Lim Hui Min provide some clear, practical tips on recognising and helping victims of family violence. You will also hear from Dr Seetha Subbiah, clinical psychologist and author of *Did You Hear That?: Help for Children Who Hear Voices*, who has helped to raise awareness on how to recognise auditory and visual hallucinations in children through this concise pictorial book.

For those of you who are parents, making your child(ren)'s childhood a happy and healthy one is certainly one of the greatest priorities in life. As you flip through these pages, you will also get to read of doctors' unique experiences of parenting.



Dr Tan Yia Swam is an associate consultant at the Breast Department of KK Women's and Children's Hospital. She continues to juggle the commitments of being a doctor, a mother, a wife and the increased duties of *SMA News* Editor. She also tries to keep time aside for herself and friends, both old and new.

Yia Swam
Editor



Dr Chie Zhi Ying enjoys freelance writing and singing. She writes for *Lianhe Zaobao*, *Shin Min Daily News* and *Health No. 1*. She can be reached at chiezhiying@gmail.com.

Chie Zhi Ying
Guest Editor

For the Indulge column, we bring to you the personal childhood experiences of four doctors as they recall distinct events in their lives that proved to be life transforming. Lastly, find out more about helping underprivileged children as Dr Ho Xin Qin tells us about her latest overseas mission work. Hopefully these stories will inspire future generations of doctors to continue the good work.

As Nobel Laureate Nelson Mandela aptly puts it, "Children are our greatest treasure. They are our future." With this, sit back and I hope you enjoy the read! ♦