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SMART STEPS – Uncover the Power of Nutrition to your Child’s Development

It was a day of fun learning for parents and their little ones who attended Dutch Lady Malaysia’s SMART STEPS -- Uncover the Power of Nutrition to your Child’s Development workshop early this year.

Organised for parents with children between one and six years old, the SMART STEPS workshop allowed parents to learn how their children develop mentally and to identify milestones which track their development. Research shows that there is a link between a child’s nutrition status and his cognitive abilities, which is why experts in psychology, nutrition and paediatrics advise Malaysian parents to provide nutrition that matches the needs of young children’s various cognitive developmental stages, so as to better support their mental development.

