

5th January 2010

A one day meeting was held with the mothers in the mother support groups of Nkokonjeru. Mothers were requested to select two representatives from each support group of the neighboring 5 villages. A total of 24 mothers attended the meeting.

Aim

The aim of this meeting was to share our 2009 experiences on breastfeeding and infant and young child feeding in general.

WALC support to Children In Africa has a lot of lessons for us to learn and we appreciate for your support



[we support breastfeeding](#)

Some of the revelations by the mothers:



- We have achieved more than successfully breastfeeding our babies. Our membership has increased from tens to a hundreds thus making the social network stronger.
- Our babies are healthier than before, we have made fewer visits to the health centres.
- From breastfeeding we learnt about the need to grow vegetables to supplement on food and we have been able to keep some for food and other for sell.
- During Christmas season four of us were able to sell

chicken from our poultry projects established for self sustainability where each received \$53. This has not been before.

- We started a savings round from the money obtained in the sell of vegetables. This money has enabled us to buy home utensils such as plates and cups than before. Everyone in our homes has their own plate than before where sharing a plate was inevitable.
- We are able to save some money to buy the basic needs such as sugar, salt and soap and it has reduced on our dependence to the husbands and they are more supportive.
- We are able to get support from our local hospital than before and the health workers are more supportive.

Major Challenges:

1. Lack of support to mothers living with HIV/AIDS characterized by stigma from their family members especially mothers in laws and husbands. This makes it a challenge to making the best choices on feeding the baby (AFASS).
2. Very limited support from the nurses at the hospital other than one of the midwives.

3. Long distances from home to our local hospital between 3 to 8kilometres making it difficult for access of antenatal ,post natal and medical care in general

Some of the Recommendations:

- We need more training on complementary feeding.
- Extending the Breastfeeding community support to other villages can empower other mothers
- Strengthening our income generating activists
- Training Health workers in the local hospital on Infant and Young Child feeding
- Etc

Response to the recommendations:

With support from ERGOBABY carrier – back packs that we sold and contributions from mothers On the 19th of February, we conducted training on complementary feeding – multi mix – Ekitobero in the Luganda- the local language:

The aim was to empower the mothers with skills in complementary feeding and feeding children 6-24months using locally available foods.





Josephine training mothers on preparing multi mix



Steaming multimix



Ready multimix.



2 of the 12 babies enjoying the multimix



Josephine Teaching mothers how to make juice from all the local fruits



Some of the mothers who attended the multi mix training .

We appreciate your unending support!