

Grow Healthy, Grow Strong

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Photo: First community parent group at Rieit United Church, Zone 1, Sinivit LLG on 29th January 2024



COMING UP NEXT MONTH:

Planning of more parents groups are underway for February alongside the Community Nutrition Advocacy Group at Rieit Ward. We are aiming to cover another two zones in February.

Our first Health Worker training will occur in March and planning of this is also in progress with the Nutrition Advocacy Group starting their 2024 bi-monthly meetings in early February. Items on the agenda for the first meeting will be the calendar of events for this year so activities are booked in well in advance.

GROW PROJECT UPDATE

Picking up from where the project left off last year, the community engagement component held a special meeting on the 17th of January with the Rieit WDC members. This special meeting was called by the members to plan for their very first parent group session in Zone 1 which was later held on the 29th of January. A total of 22 parents attended (8 fathers and 14 mothers) with five WDC members assisting alongside GROW Project Officer, Onawuta. The topics discussed during the session included:

- The importance of a quality maternal diet
- Exclusive breastfeeding - what is it and how to do we achieve it?
- Complementary feeding - when should we start and what foods to include?
- General child health - what do we do to keep a clean environment, adequate water and sanitation and early childhood development.

Parents really enjoyed this event and the feedback we received were overwhelmingly positive. For example, parent explained that the early yellowish milk, colostrum, was usually discarded. However, parents learnt that this milk is actually extremely important and contains vital immunity and nutrients for the newborn baby. Some mothers mentioned that breastfeeding usually stopped once their child is introduced to or begins to consume solid foods, however, they learnt that breastfeeding should be continued until that child is two years to top up nutrition and protects child from illness. Parents were keen to gain new knowledge like these and we look forward to sharing this with more parents!